

Date

When did I self-harm?

What was my trigger?

What were my urges?

Did I try any distractions before harming myself?

Did I tell anyone?

Have I cared properly for my wounds?

Self-harm diary

Use this section to think in more detail about how you felt before, during and after you self-harmed.

Before: What happened to trigger my urges?

During: How did I hurt myself?

After: How do I feel now?