**Self-harm Record**

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| --- | --- | --- | --- | --- |
| **Date/Time** | **Event/Situation/Trigger**  What was happening?  (What, who, where, why) | **What I felt**  (Emotions, mood, feelings in body  Before, during and after self-harming) | **What I thought**  (Specific thoughts I had before, during and after self-harming) | **What I did**  (Before, during and after self-harming) |
|  |  | Before:  During:  After: | Before:  During:  After: | Before:  During:  After: |