**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 bodyBefore, 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: |