

emotional numbing

What emotions do you not allow yourself to feel?

Why do you think it's easier to not feel? How did you learn to not feel?

What do you fear would happen if you felt sadness?

What do you fear would happen if you felt joy?

What do you fear would happen if you felt anger?

What emotions would you like to feel again?

How does being emotionally numb affect your relationships?

emotions diary

The diary sheet breaks down each day of the week into one-hour boxes. In each box, write down what you were doing, who you were with, how you felt and the strength of the feeling on a scale of 1 to 10 (where 10 is the strongest) You do not need to write in any detail, just a word or two will do.

	M	T	W	TH	F	SA	SU
8-9am							
9-10am							
10-11am							
11am-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10-11pm							
11pm-12am							

I feel

I feel happy when:

I feel sad when:

I feel excited when:

I feel angry when:

I feel safe when:

I feel scared when:

I feel loved when:

I feel invisible when:

I feel confident when:

self-harm prevention

Date:	
What are you doing right now?	Where are you?
	Who are you with?
What are you feeling right now?	
Is there anything going on in your life right now that makes you feel that way?	
Are there any other factors that are contributing to your feelings (lack of sleep, alcohol, drugs, unhealthy eating, relatives in town, holidays, etc.)?	
What do you want to do right now?	What will self-harming do for you?
What do you think you need right now?	
Can you utilize one of your safer coping methods? Which ones?	
Do you feel any different now?	

safety plan

coping methods:

friends & family to contact:

Name:	Contact:
Name:	Contact:
Name:	Contact:
Name:	Contact:

safe places to go

(friend's house, support group meeting, church, public place, etc)

nearest emergency room:

Address:	Contact:
Address:	Contact:

suicide hotline: 800.273.8225

self-harm debrief

Date:	Method:
What was happening when you self-harmed?	Where were you?
	Who were you with?
How did you take care of the wound?	
Did you try to stop yourself from self-harming? If so, how?	How did you feel before you self-harmed?
	How did you feel after you self-harmed?
Looking back, what could you have done differently?	

notes