

## **THERAPY**

Consider finding a counselor or psychologist who has extensive work with self-injury recovery

Look for a treatment program that offers Dialectical Behavioral Therapy to learn skills to help yourself with emotions and thoughts in your times of crisis.

## **TAKE UP A NEW HOBBY**

At a time when you are feeling overwhelmed or not feeling anything at all, consider researching a new hobby that might interest you, and learning all you can about it. Then set to the task of practicing that new hobby. Jewelry making or woodworking require concentration and attention to detail. This will help to distract your mind from focusing on the desire to self-injure.

## **15 MINUTE RULE**

When having urges to self-injure, make yourself a contract. For 15 minutes, I will do whatever healthy and safe behaviors I can do to keep me from harming myself. Then if the 15 minutes pass and the urges are still there, contract again for another 15 minutes. If you find that you are still

struggling, now is the time to contact someone or a hotline to talk with someone. Once you get past the urges to harm yourself, find a way to celebrate this victory—give yourself kudos or tell a friend of your success.

### **STATEMENT OF FAITH**

Psalm 147:3 He heals the brokenhearted and binds up their wounds.

### **MISSION**

The mission of Hope Recovery is to provide support and compassion in the lives of adult survivors of abuse and sexual trauma.

### **VISION**

To offer support and compassion as survivors make their way on the journey of recovery and healing.

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Hope Recovery Inc.

## Self-Injury Coping Strategies



{ You're Not Alone! }



## Self-Injury Coping Strategies

New coping techniques are needed to help us stop self-injury. It's important to use our tools when stopping self-injury.

In addition to using our tools, here are some coping strategies that may help us through these difficult times.

### IDENTIFYING TRIGGERS

Each of us have triggers that set off our urges to self-injure. Common emotions that may trigger self-injury are feeling out of control, guilt, shame, loneliness, and more. Once you identify your trigger, then you can work toward finding a solution to responding to the trigger without self-injuring.

### EMOTIONS

Spend some time getting to know what emotion is being experienced. Instead of acting on the urge to self-injure, what can you do to address the feeling you are experiencing.

### COMMUNICATE

Keeping emotions inside and bottled up can lead to an eruption of the emo-

tions. Find someone who you can talk with about your feelings such as a friend, a counselor or your mentor. Talking about the emotions takes away the power of the emotions, which in turn will lessen the urges to self-injure. Try to find activities to match your feelings.

### ANGER

Rip up an old telephone book

Make clay or Play-Doh models and cut or smash them

Throw ice into the bathtub or against a brick wall

Clean your house

Go for a walk or jog

Dance

### DEPRESSION

Drink a cup of hot chocolate

Take a hot bath with bubble or bath oil

Baby yourself somehow

Call a friend

Snuggle your pet

### DISSOCIATION

Sniff Play-Doh

Put a finger into a frozen food for a minute

Take a cold bath

Breathe deep and focused

### FEELING OUT OF CONTROL

Focus on something (computer game, writing, etc.)

Choose an object in the room and examine it with as much detail as possible.

Pick a topic and research it on the web in as much detail as possible.

### WANTING TO SELF-INJURE

Paint yourself with red tempera paint

Get a henna tattoo kit and put it on as a paste and leave overnight. Peel it off the next day.

Use a glow stick—telling yourself you can't self-injure until the glow has stopped. Hopefully your urges will have passed by then.