

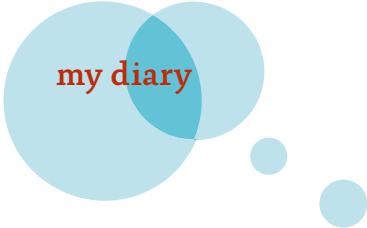


USE THIS PART OF THE DIARY TO DESCRIBE WHAT HAPPENED IF YOU DID HARM YOURSELF

DATE	WHAT WAS I DOING TODAY?	TRIGGERS	HOW DID I FEEL BEFORE?	WHAT DID I DO?	HOW DID I FEEL AFTER?
	What was happening? What were you doing? With whom?	What was happening just before you started to think about harming yourself?	How did the triggers make you feel? How did you feel when you thought about hurting yourself?	How did you hurt yourself? What did you do, and when?	How did you feel immediately after you harmed yourself? How did you feel a few hours after you had harmed yourself?



Name _____ Date _____



DATE	WHAT WAS I DOING TODAY?	TRIGGERS	HOW DID I FEEL BEFORE?	WHAT DID I DO?	HOW DID I FEEL AFTER?



Name _____ Date _____



USE THIS PART OF THE DIARY TO DESCRIBE WHAT HAPPENED IF YOU THOUGHT ABOUT HARMING YOURSELF, BUT DIDN'T

DATE	WHAT WAS I DOING TODAY?	TRIGGERS	HOW DID I FEEL BEFORE?	WHAT DID I DO INSTEAD/TO AVOID HARMING MYSELF?	HOW DID I FEEL AFTER?



Name _____ Date _____



DATE	WHAT WAS I DOING TODAY?	TRIGGERS	HOW DID I FEEL BEFORE?	WHAT DID I DO INSTEAD/TO AVOID HARMING MYSELF?	HOW DID I FEEL AFTER?



Name _____ Date _____