

Thrive Counseling Services

SELF HARM RESOURCE

Below is a tool to help delay and stop the urge to self harm

When the urge strikes - DELAY

1. Rate intensity of urge (0-10)
2. 15 minute rule - set timer
3. In the meantime - mindful distractions
 - Place more attention from urge to something else
 - Choose relatively pleasant activities
 - Think about the pros and cons of self harming
4. Re-check urge intensity once timer goes off
 - If same or higher go do another round of 15 minutes
 - If lower, continue on with day

Emergency Resources

1-800-273-TALK

HOME to 741741