



Journal:

# Self-Harm

03

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# Self-Harm

(video: 19 minutes)

Overview

Coping behaviors but...relatively ineffective and non-enduring

**Is self-harm perhaps a problem?**

**Is it possible that you could do something about it?**

“Self” Development (*Self-Esteem and Goal Setting* track)

Step 1 - Stop the behavior

(Will create tensions that will motivate you for finding other solutions)

Loss-

*Discussion/Reflection:*

## Step 2 - Discern the origins of Self-Harm

- a. Making internal pain real
- b. Self-punishment
- c. Anger or violence toward your "Self"
- d. Dissociation
- e. Stimulation / thrill seeking
- f. Manipulation / way to get your needs met
- g. Suicide attempt
- h. Others (and primary factors discernment)

Discussion/Reflection:

Intervention possibilities:

[ ] *Loss module (2 part)*

1. Making internal pain real- *Abuse* or *Trauma* tracks
2. Self-Punishment- *Guilt and Shame Module (or Self-Esteem and Goal Setting track)*
3. Anger or violence toward your “Self”- *Anger module (3 part)* (also part of *Abuse* or *Trauma* tracks)
4. Dissociation- “*Self*”-*Development Primer (2 part)* - (or *Self-Esteem and Goal Setting track*), DBT or other “Self” development offerings
5. Stimulation / thrill seeking- *Self-Esteem and Goal Setting track* or *Addictions track*
6. Manipulation / way to get your needs met- “*Self*”-*Development Primer (2 part)* - (or *Self-Esteem and Goal Setting track*), DBT or other “Self” development offerings, or *Addictions track*, or *Assertiveness module (2 part)*, or *Abuse* or *Trauma* tracks
7. Suicide attempt- *Safety presentation (Part of Self-Esteem and Goal Setting track)*
8. Others- Discuss with your therapist

Making the most of this symptom-