

Things to do besides cut

If I feel angry

- Run or walk
- Play with a pet
- Draw
- Listen to music
- Write in my diary
- Write a story
- Paint a picture
- Squeeze an ice cube
- Rub Icy-Hot under my chin or nose
- Clean
- Hit a volleyball
- Throw ice cubes into the bathtub hard enough to break them
- Give a pet a bath
- Explain (on paper) why I am so angry, then look at how trivial it really is
- Do deep breathing
- Put on my favorite lotion
- Think about things I like
- Hug someone
- Help someone else
- Make something (like a craft)
- Bake something
- Cut something up, like a plastic bottle
- Sleep
- Do relaxation exercises
- Stretch REALLY good
- Stab paper with a pin to make stars

If I feel worthless

- Think about family and friends
- Think about how good I am at helping others
- Think about how good a writer I am
- Think about how smart I am
- Call a friend
- Think about all I've done right in life

- Think about all I've yet to do that I'll do right
- Remember how much I'm loved
- Think about how I influence others
- Think of five direct opposites of whatever I feel worthless about
- Remember my faith
- Pray or mediate or do something else that connects you to your faith

If I feel weak:

- Remember all I've already lived through
- Remember my faith
- Remember all I've carried others through
- Remember all I can do
- Remember that I am good
- Pray or mediate or do something else that connects you to your faith

If I feel scared:

- Cry
- Remember what I've gone through
- Listen to music
- Remember my faith
- Pray or mediate or do something else that connects you to your faith
- Think about what could go RIGHT instead of what could go WRONG
- Talk to a friend or family member
- Hug someone
- Asked to be held
- Snuggle a pet or stuffed animal

If I feel depressed:

- Take a warm bath or shower
- Curl up with a comforter
- Hug a pet
- Light a candle
- Light incense
- Put on pretty-smelling lotions
- Put on some comfy clothes
- Snuggle with a family member
- Talk to a friend or family member
- Hug someone
- Let someone hold me

- Run
- Sit outside and listen to nature
- Dream
- Draw
- Paint
- Read
- Practice escapism
- Write in my diary
- List good things about myself
- Watch a candle burn
- Sleep
- Stretch
- Do deep breathing
- Do relaxation exercises
- Play on my computer
- Eat whatever my favorite food is at the time
- Play an instrument
- Remember all my talents
- Use my talents
- Remember how many people love me
- Look at pictures of people I love
- Meditate
- Just let my mind wander
- Drink hot chocolate or warm tea
- Help someone else
- Go out with people
- Laugh
- Put on clothes that compliment my body

When I feel numb:

- Listen to music
- Write
- Draw
- Paint
- Hug a pet
- Take a bath
- Do deep breathing
- Do relaxation
- Talk to a friend or family member

- Hug someone
- Remember how much people care about me
- Think about happy things
- Think about what I am REALLY feeling and try to release it
- Squeeze an ice cube
- Slap a tabletop (HARD)
- Take a cold shower
- Think about how it feels to breathe
- Put on something silky or fuzzy and focus on how it feels
- Focus on my heartbeat
- Think about how much you love your family and/or friends

When I feel anxious/agitated:

- Do deep breathing
- Take a long, warm bath
- Get a massage
- Write
- Watch a flame burn
- Light a candle
- Light incense
- Clean
- Bake
- Run
- Talk to a friend or family member
- Study something
- Stab a paper with a pin to make stars
- Do relaxation exercises
- Hug someone
- Let someone hold me
- Hug and snuggle a pet or stuffed animal

When I am in a bad mood and bored or needing focus:

- Sew something
- Write in my diary
- Write a story
- Focus on how it feels to breathe
- Focus on how lotion feels
- Talk to a friend or family member
- Bake

- Make a craft
- Pick something and research it
- Write everything I know about one object or event
- Pick a random object and think of at least 30 uses for it
- Pick a random object and describe it as vividly as I can
- Play on the computer
- Learn a new skill
- Pick a finger food and think about how it feels to pick it up, to bring it to my mouth, how it feels in my mouth and how it feels to swallow it
- Stab a paper in a pattern
- Draw
- Paint
- Read
- Do relaxation exercises
- Focus on how my body feels right that second

When I want to see blood:

- Draw on myself with red pen or marker
- Paint
- Warm red food dye and draw on myself with it
- Do deep breathing
- Calm down and think
- Sleep

When I want to punish myself or think I deserve to hurt:

- Remember all the reasons I don't deserve pain
- Remember how much it will hurt my family and friends
- Remember all the pain I've already been through
- Baby myself in some way
- Talk to a friend or family member
- Write in my diary
- Write a story
- Watch a candle burn
- Listen to music
- Write out all the reasons I don't deserve to hurt
- Think of how much I am loved
- Think of the good things that have happened to me
- Do deep breathing

- Do relaxation exercises

Things I can do ANYTIME:

- Write in my diary
- Write a story
- Call a friend or family member
- Run
- Do deep breathing
- Do relaxation exercises
- Hold a pet or stuffed animal
- Let someone hold me
- Rant
- Play a musical instrument
- Play a sport
- Pray or mediate or do something else that connects you to your faith

If all else fails:

Answer all of the following questions:

1. Why do I feel I need to hurt myself? What has brought me to this point?
2. Have I been here before? What did I do to deal with it? How did I feel then?
3. What have I done to ease this discomfort so far? What else can I do that won't hurt me?
4. How do I feel right now?
5. How will I feel when I am hurting myself?
6. How will I feel after hurting myself? How will I feel tomorrow morning?
7. Can I avoid this stressor or deal with it better in the future?
8. Do I need to hurt myself?

Write down the pros and cons:

1. What will cutting do for me?
2. What will not cutting do for me?
3. What are the bad things about cutting?
4. What are the bad things about not cutting?
5. What will cutting do to those I love?
6. What will not cutting do to those I love?

Things I can do to prevent myself from getting to the place I want to cut:

- Take care of myself

- Deal with my feelings BEFORE they become overwhelming
- Give myself breaks
- Talk to a friend or family member
- Accept things how they are---when life hands you lemons, make lemonade
- List little things I can do to change a situation I don't like
- Just let go
- Don't let school/work get overwhelming
- Ask for help early on