

Self-Harm Trigger Tracker

Month:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Day:

Time:

What made you feel like you want to hurt yourself?

How do you feel when you want to hurt yourself?

What can you do instead of hurting yourself right now?

What can you do to make the situation get better?