

**SELF-INJURIOUS BEHAVIORS-I**

**SELF-INJURIOUS BEHAVIORS-1**

*Definition of Self-Injurious Behaviors:*

*Deliberate, repetitive, impulsive, non-lethal harming of ones self.*

Please respond to the statements below with the appropriate response to the right.

Name \_\_\_\_\_

Date \_\_\_\_\_

Strongly Agree      Agree      Not Sure      Disagree      Strongly Disagree

1. I engage in self-injurious behaviors (Indicate by circling/filling in blank) SA      A      NS      D      SD  
 Skin cutting    Head banging/hitting  
 Burning          Other: \_\_\_\_\_

2. I engage in self-injurious behavior for relief from a negative mental state SA      A      NS      D      SD

3. I generally have difficulty feeling/expressing my feelings (Circle) SA      A      NS      D      SD

4. I have low self-esteem SA      A      NS      D      SD

5. I feel depressed SA      A      NS      D      SD

6. I feel anxious SA      A      NS      D      SD

7. What precipitates your self-injurious behaviors?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

8. What skills have helped reduce your self-injurious behaviors?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

8. What skills do you want to learn?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_