

SELF-HARMING RECOVERY AND RELAPSE PREVENTION PLAN

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Date: _____

My Name: _____

Today I am feeling ...

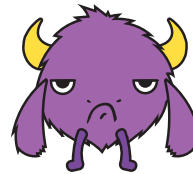


My Self-Harming Recovery and Relapse Plan:

Use the following guidelines to develop your Self Harming Recovery and Relapse Prevention Plan.

My specific **Self-Harm**:

Identify exactly what you are doing to self-harm.



Challenges that will be my biggest barriers:

List obstacles or circumstances that could stand in your way of accomplishing your goals.



Reasons I want to STOP self-harming:

Consider listing both long and short term goals, health benefits and rewards.

Personal **Triggers** that will put me at risk of self-harm:

List descriptions or feelings like: anger, sadness, loneliness, negative thoughts, shame, emptiness, negative body image, traumatic thoughts, flashbacks.

Steps I will take to reach my goals:

Write ideas for steps to reach your goals like; tracking progress, practicing self-care, positive self-talk.

1. _____
2. _____
3. _____
4. _____
5. _____



Coping skills I will use:

List your coping skills like; painting, sports, writing, taking a bath, seeking on-line help.

1. _____
2. _____
3. _____
4. _____
5. _____

