

WAITING

- Play the 15 minute game. Tell yourself "I will not hurt myself for fifteen minutes. Then see if you can go for another fifteen minutes and another and another. Sometimes breaking time down into little chunks makes it easier to manage
- Pick a favorite singer or band and tell yourself that you will not hurt yourself while listening to them
- Pick a day of the week and don't hurt yourself on that day. Add a second day, then a third and so on
- Buy a calendar and give yourself a sticker for every day that you don't hurt yourself
- Pick a place to be your safe place, a place where you won't cut...like the kitchen, bedroom etc. Go there when you have an urge

The idea is to wait before hurting yourself....the urge may go away or be easier to deal with later.

ADDICTED

- Draw or write on yourself with a red pen or marker
- Squeeze ice
- Snap a rubber band against your wrist
- Cry
- Exercise
- Buy a cheap tattoo, the kind that comes off after a few days and put it on yourself
- Look at your old scars. Remind yourself of the last time you cut, visualize it

The point here is to create feelings and sensations similar to those you experience while hurting yourself. Some of these create visual images like those you may want to see, like scars or blood. Others release endorphins, which is what happens when you hurt yourself and what gives you the feeling of euphoria.

EMPTY, UNREAL, UNABLE TO FEEL

- Do something that creates a sharp sensation, like bite a lemon or squeeze ice
- Focus on one thing. Try to describe it like you would to a blind person
- Put a finger or a hand into a frozen food
- Put your hands under cold water, take a cold shower
- Focus on your breathing, on how your chest and stomach move when you breathe in and out. If you weren't real you wouldn't be breathing
- Eat something mindfully. Pay attention to how it tastes and the sensations that it creates in your mouth. Try to describe it to someone who has no sense of taste
- List as many different uses as you can for a random object. Give yourself a number to reach – like twenty, forty or fifty. Try to surpass that number. Don't stop after two or three uses.
- Interact with other people

ANGER

- Squeeze ice
- Do something that will give you a sharp sensation, like biting a lemon
- Exercise
- Take a walk
- Crumple pieces of paper, tear paper
- Take a cold shower (However, if you have razors in your shower be honest with yourself it that will increase the desire to harm)
- Listen to music
- Scream
- Snap a rubber band against your wrist
- Cry, this releases emotions as well as making you feel drained and tired and if you sleep, things will usually seem better when you wake up.
- Clean or do housework
- Hit a pillow
- Play a musical instrument or bang on pots and pans
- Cut up cardboard or an old piece of clothing or fabric
- Flatten aluminum cans
- Pick up a stick and hit a tree

The logic behind these things is that when you are angry, you have a lot of energy. Most of these are ways to release that energy without self-injuring.

DISTRACTIONS

- Read the section about feeling sad or depressed. Most of those things also distract you
- Look through an old photo album
- Read old letters or emails
- Clean your house
- Play a game like solitaire
- Read about something you know only a little bit about and that you find interesting
- Open the dictionary in random places and learn new words
- Make a list. Make many lists. List as many foods as you can think of. List all the people you know. List all the articles of clothing that you own.
- Try to solve a puzzle
- Go to a playground, swing on the swings &/or go down the slide.
- Color in a coloring book
- Make snow angels
- Write short stories about yourself
- Cook