

Avoiding Things You Can Use To Hurt Yourself

When you want to change a habit, it is common sense to avoid things that might tempt you. For example, if you are trying to stop smoking you wouldn't carry cigarettes around. If you are trying to stop eating junk food you wouldn't go to the fast-food restaurants. If you want to stop hurting yourself, you'll want to avoid being around things you have used to hurt yourself in the past.

Of course, the temptations to stop are sometimes things you can't avoid. But sometimes you can avoid them. For example, if you are trying to stop smoking you can avoid going to the fast-food restaurants. If you are trying to stop hurting yourself, you can avoid going to the places you have used to hurt yourself. Use the chart below to make a list of things you have used to hurt yourself. Then think about where they are now and where you can avoid them. Write down the things you can avoid and where you can avoid them. Write down the things you can avoid and where you can avoid them.

Object you use to hurt yourself	Where they are now	Where you can avoid them