

## Avoiding Things You Can Use To Hurt Yourself

When you want to change yourself, 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 want to lose weight then you wouldn't go to 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 overwhelming (being around things to feel yourself) but eventually you will learn you the temptations and you will learn you can certainly make yourself stop away from things you have used before. Use the chart below to make a list of things you have used to self-harm or have thought of using. Write about where they are now and where you can get them. Write these things to add to an inventory. Write this worksheet with someone who is supporting your efforts to stop hurting yourself.

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