

**Self-Harm Distraction Techniques**

Taken from [www.youngminds.org](http://www.youngminds.org)

When the urge to self-harm is present, a strategy which works to minimize this urge is distraction. The type of distraction is dependent on the emotion being experienced by the individual.

Below is a list of emotions with distraction techniques which may help.

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| When feeling **anger:** | When feeling **fear:** |
| Physical exercise | Wrap in a blanket |
| Dancing | Cry |
| Shouting | Sleep |
| Shaking | Stroke an animal |
| Running | Music |
| Hitting a cushion | Massage |
| Tearing up material | Talk |
| Biting down on something | Breathing Exercises |

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| When needing **control:** | When feeling **numb:** |
| Make lists | Snap an elastic band  |
| Tidy up | Rub skin with ice cubes |
| De-clutter | Smell a strong odour |
| Clench & relax muscles  | Cold shower |
| Outdoor garden work |  |
| Write a letter & tear it up |  |

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| When feeling **shame:** | When feeling **self-hatred:** |
| Avoid spending time with unkind people | Write a letter about your hatred and then write a compassionate reply |
| Accept your mistakes | Do something creative |
| Understand that failure is OK | Do some physical exercise |
| Understand the reasons behind your actions/choice |  |