



Trigger Log

Date & Time	Location	Urge to Self-injure	What was happening?	I felt...	I was thinking	What would NSSI achieve?	What I actually did	Comments
4/7/17 1.00pm	School – yard @ lunch time	Wanted to cut	Rihanna called me a “?” in front of everyone	Embarrassed, Humiliated, Angry, Upset	“What’s her problem? Why is she picking on me? I want to disappear. I hate school.	More scars, more explaining, disappointment that I’ve relapsed when I haven’t cut for 3 weeks	Silently & slowly counted to 5 & talked to Olivia instead (alternative #2 & #6)	It worked! I distracted myself throughout lunch talking to Olivia who doesn’t trigger me & the urge gradually decreased.

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