

# Self-Harm Trigger Tracker

Month:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Day:

Time:

What made you feel like you want to hurt yourself?

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How do you feel when you want to hurt yourself?

What can you do instead of hurting yourself right now?

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What can you do to make the situation get better?