

ALTERNATES TO SELF INJURY

FEELING ANGRY	FEELING SAD OR DEPRESSED	FEELING EMPTY/UNREAL	WANTING FOCUS	FEELING GUILTY
Slash an empty plastic soda bottle or a piece of heavy cardboard.	Hug a loved one or stuffed friend.	Squeeze ice in your palms.	Do a task that is exacting and requires focus and concentration, like a puzzle.	List as many good things about yourself as you can.
Do something that will give you a sharp sensation, like eating lemon or lime.	Play with a pet.	List the many uses for a random object. (For example, what are all the things you can do with chopsticks?)	Eat a strawberry mindfully. Notice how it looks and feels. Try to describe the texture. How does a strawberry smell? Chew slowly, noticing how the texture and even the taste of the strawberry change as you chew it.	Read something good that someone has written about you. (Have loved ones write letters to you for you to read over later!)
Crush aluminum cans for recycling, seeing how fast you can go.	Light sweet-smelling incense or candle.	Put a finger into a frozen food (like ice cream or frozen yogurt).	Choose an object in the room. Examine it carefully and then write as detailed a description of it as you can.	Do something nice for someone else.
Hit a punching bag.	Smooth body lotion into the parts of yourself you want to hurt.	Bite into something spicy, or sour or chew a piece of ginger.	Pick a subject and research it on the web.	Remember when you've done something good.
Throw ice into the bathtub or against the floor/wall hard enough to shatter it.	Make a tray of special treats.	Rub vapor rub under your nose.	Find and memorizing lyrics to a new song you like.	Think about why you feel guilty and how you might be able to change it.