

*Helping
you to help
your child*

Self-Harm Journal Prompts

Journal prompts to help children and adults
understand and respond to self-harm



Fully
understanding
the problem
can help us
work out what
to try

Introduction

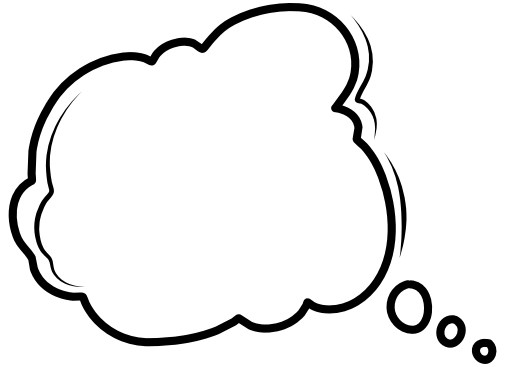
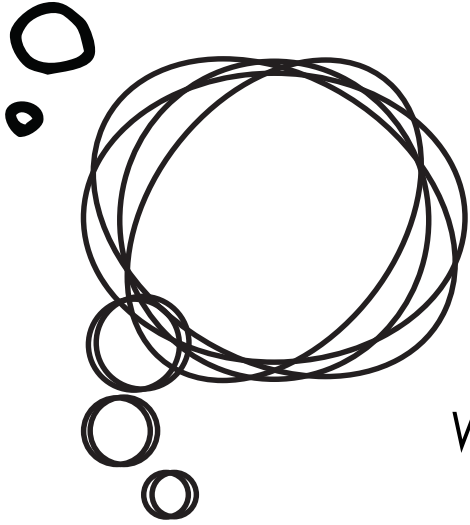
Journaling can be a really powerful tool for reflection, processing feelings and creatively expressing how we're feeling. Journaling can also help to build bridges and understanding between adult and child if the child is happy to be supported or to share what they create.

There's no right or wrong way to use these prompts; just whatever feels right for you and the child you're supporting. You don't have to do them in order. You don't have to do them all. You might choose to do some many times.

You are welcome to copy and share these pages and if you have ideas for other topics or pages I should add, I'd love to hear them!

Good luck!

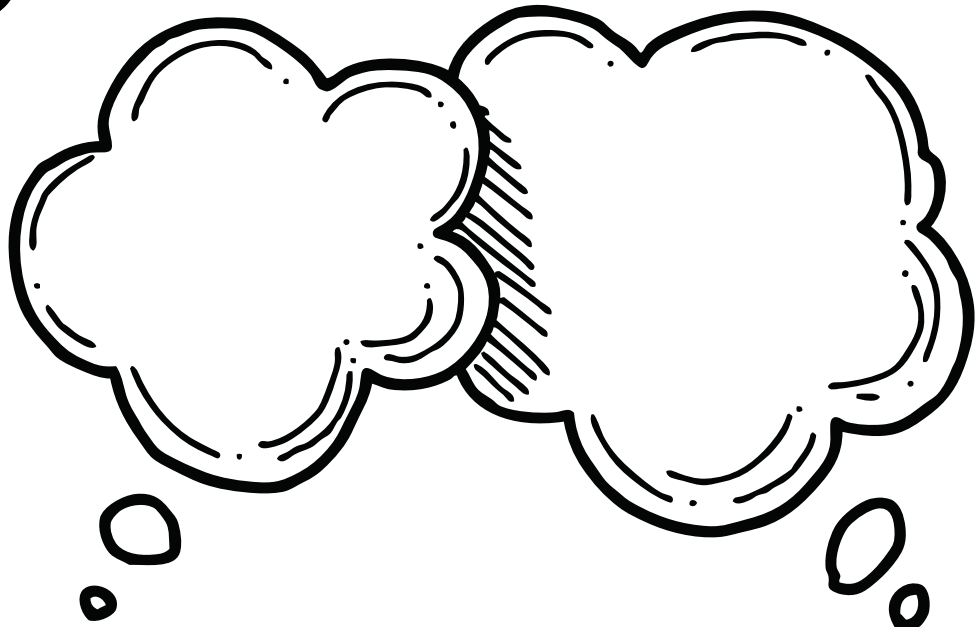
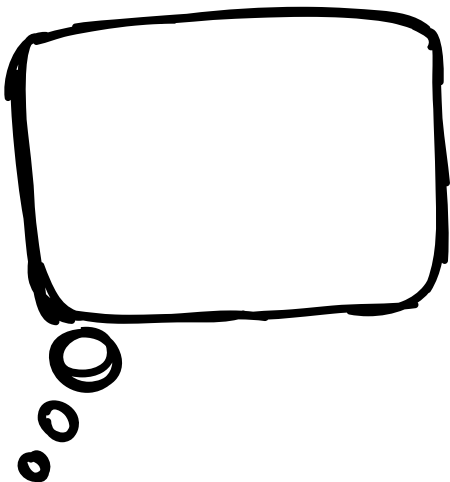
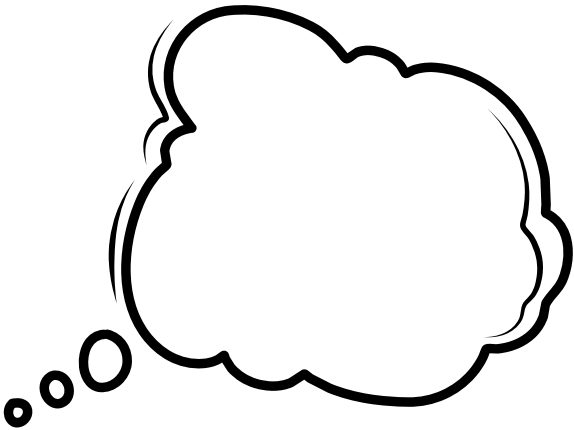
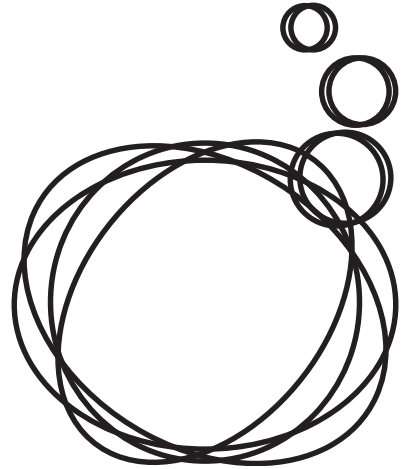
Pooky x



What do the words

Self-Harm

make you think?





+++++

+++++

+++++

+++++ **Self-Harm: Pros & Cons** -----



When did you recently feel safe and calm?

You could consider:

- Where were you?
- Who was with you?
- What could you see, hear or smell?
- Did anything specific help you feel calm?



Coping Statements

Coping statements acknowledge our feelings but also acknowledge that we CAN do this. Here are some to get you started:

- **I'm anxious, but I can manage**
- **This feeling will pass**
- **I've done it before, I can do it again**
- **It's okay not to be okay**
- **I chose not to engage with these thoughts**

add a few of your own

Self-Care Ideas

1

2

3

4

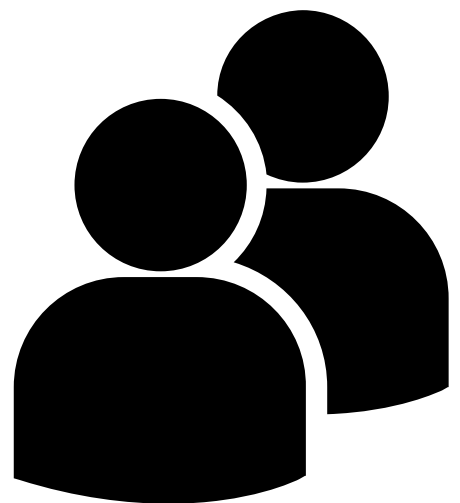
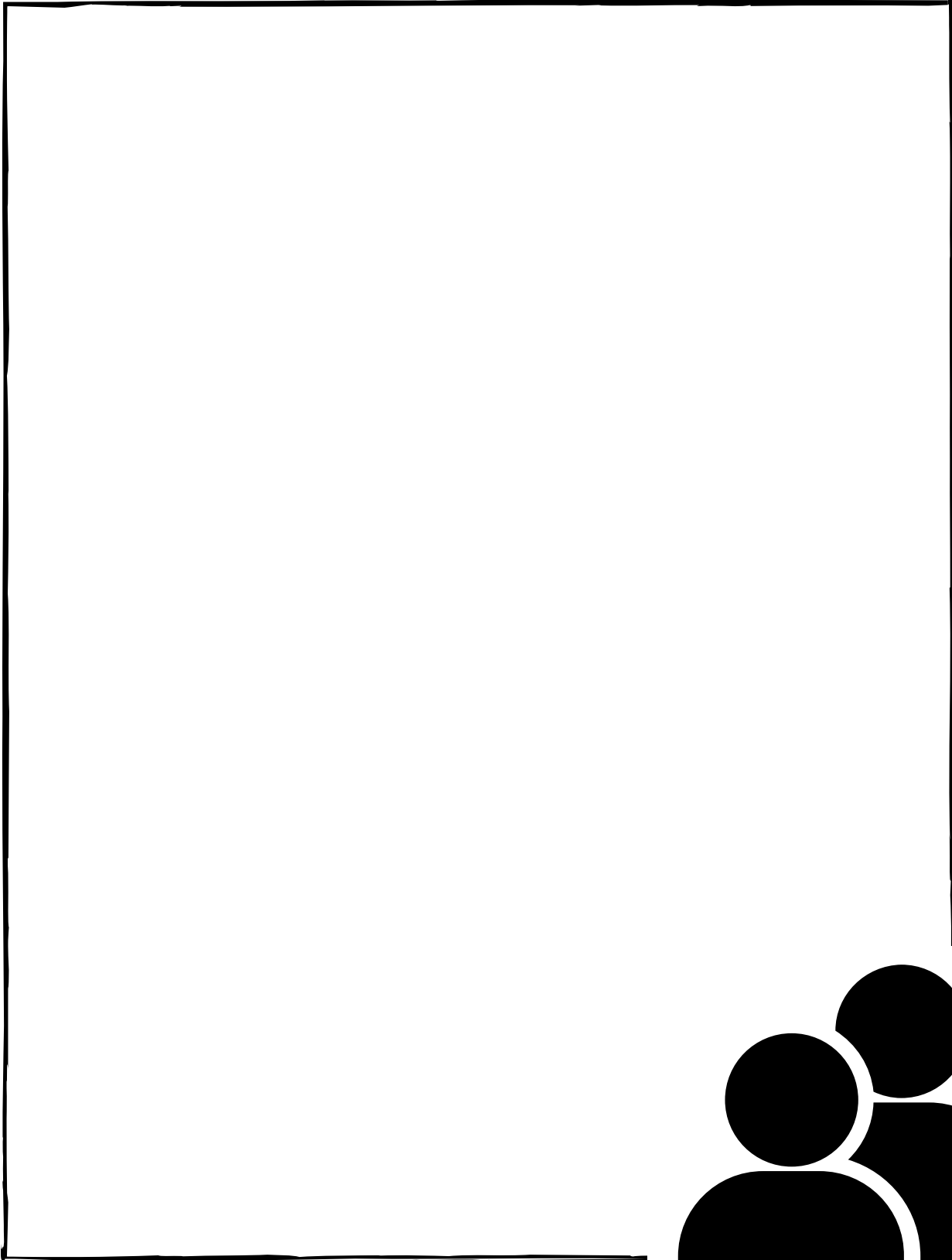
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Feeling Understood



- Who understands you?
- What do they understand about you?
- What do they do that makes you feel understood?

Can you think of a time when something felt really difficult but you did it?

What I did



Empty rectangular box for writing the answer to 'What I did'.

What helped



Empty rectangular box for writing the answer to 'What helped'.

How I felt



Empty rectangular box for writing the answer to 'How I felt'.

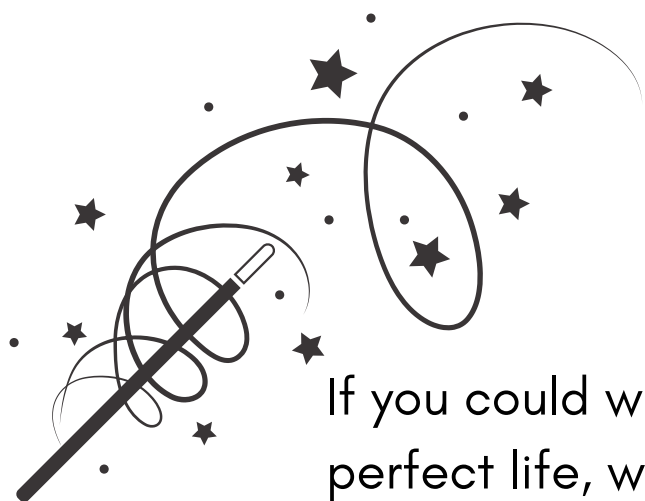


CHANGE

What would you like to change about your situation?
what would you like to keep the same?

KEEP





If you could wave a magic wand and make your perfect life, what would it be like?

Reasons to Stop Self-Harming

1

2

3

4

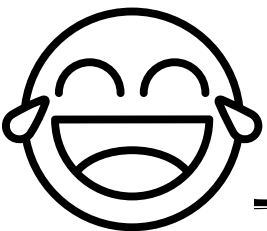
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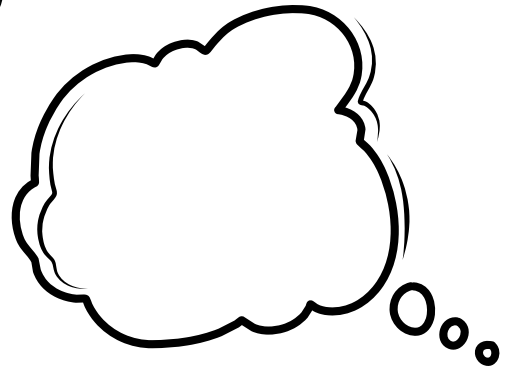
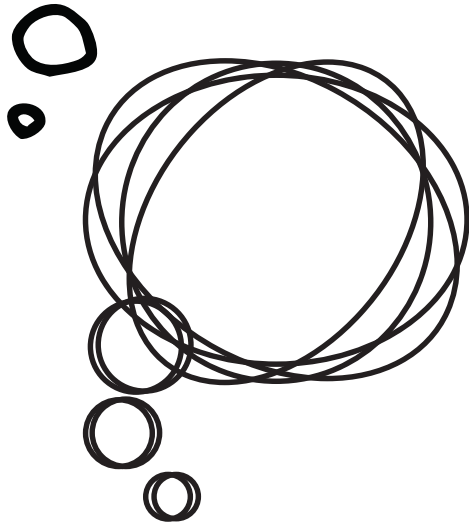
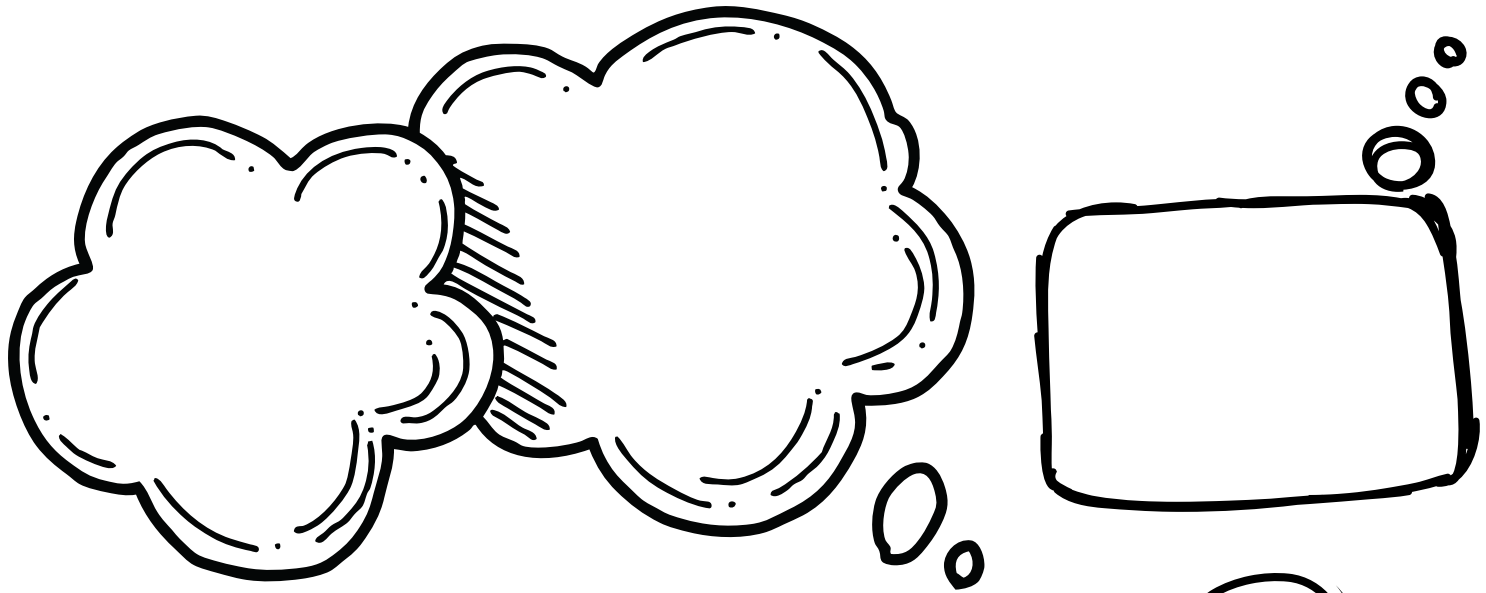
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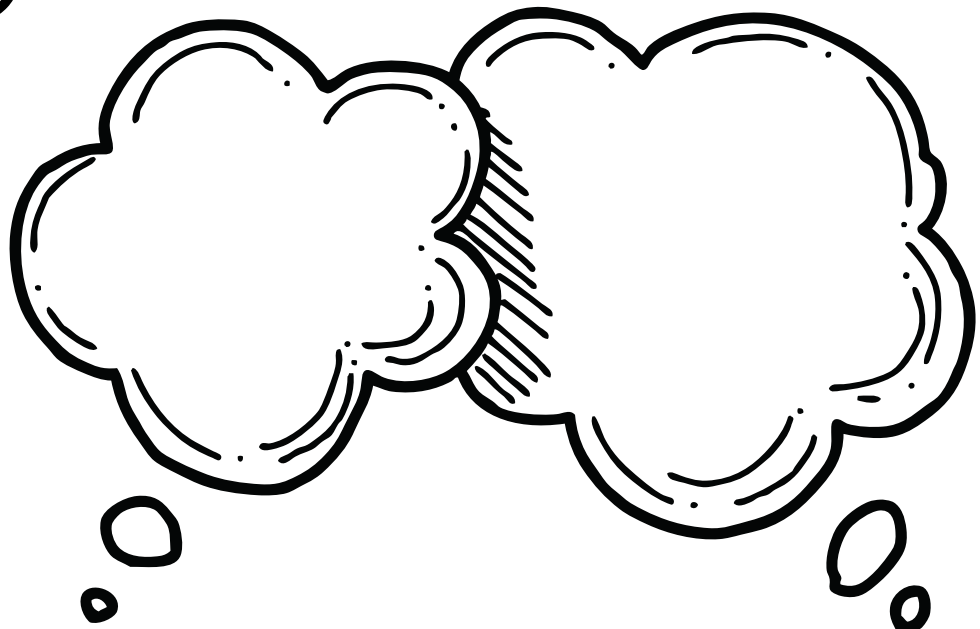
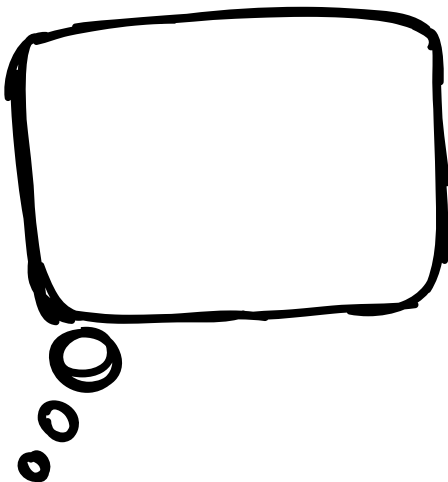
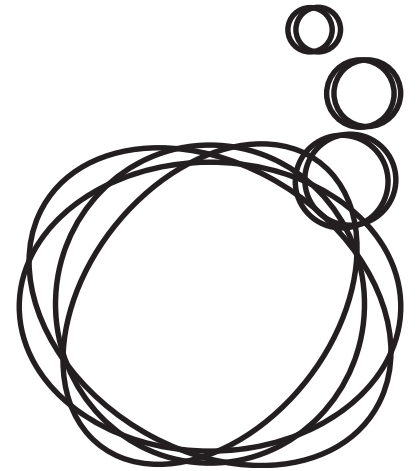
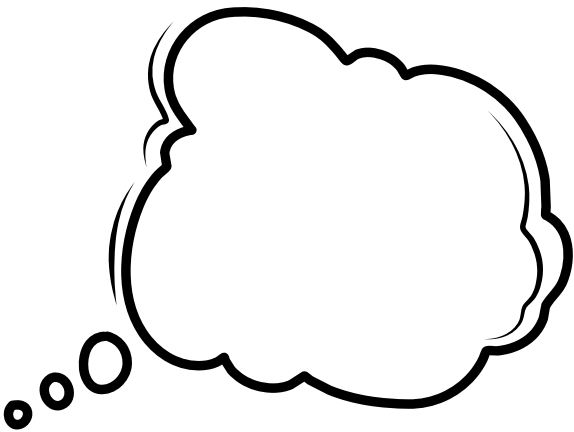
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Things that make me laugh

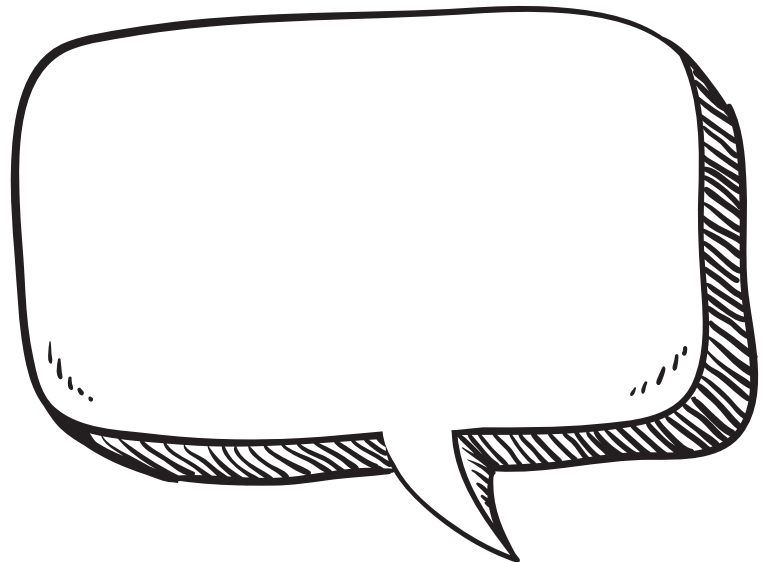
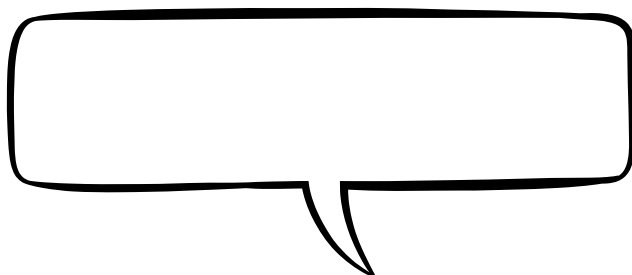
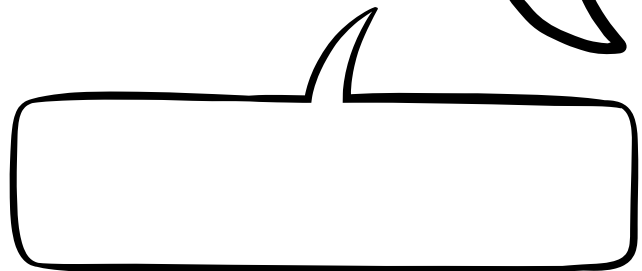
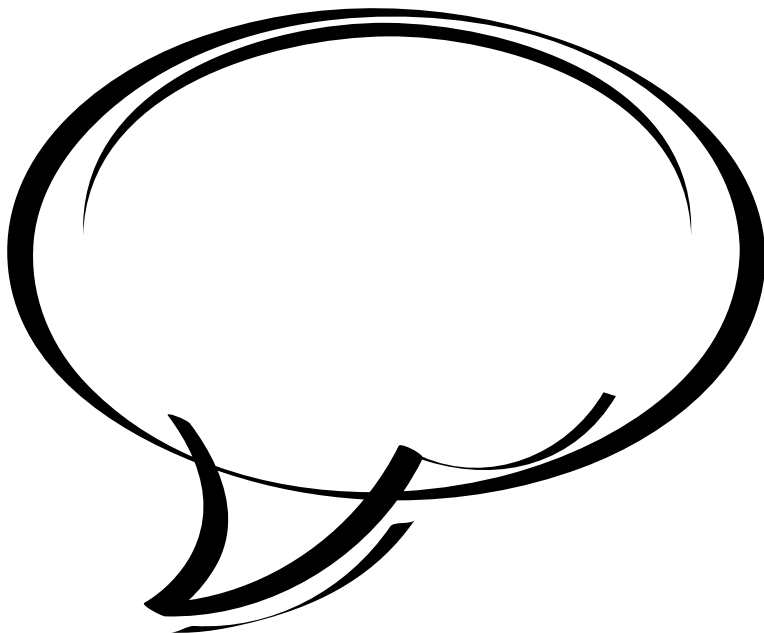
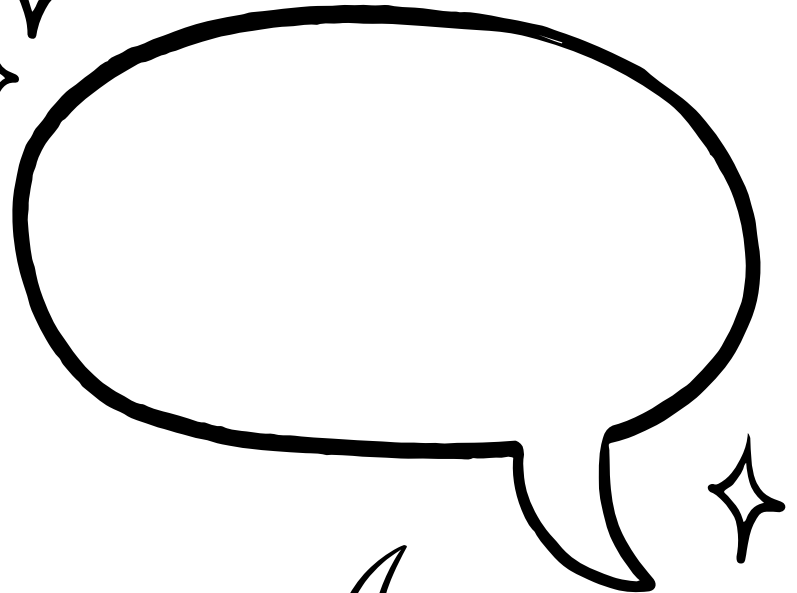
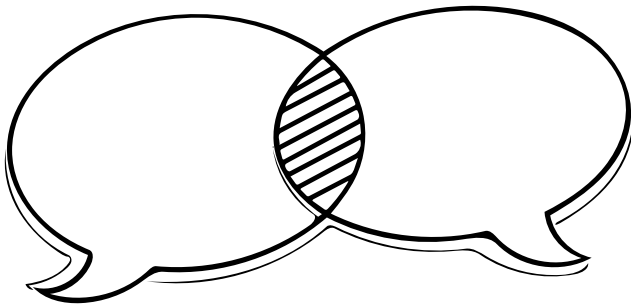
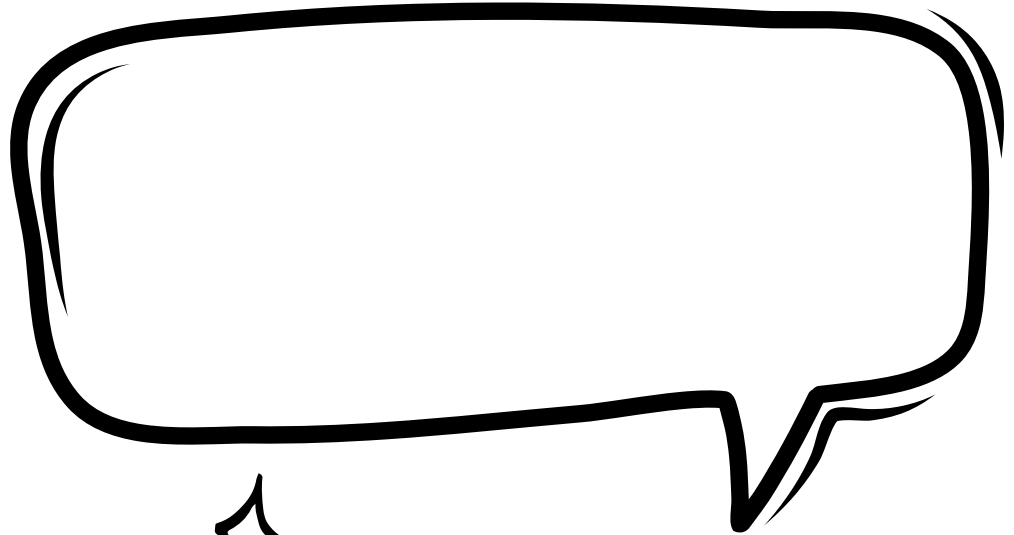
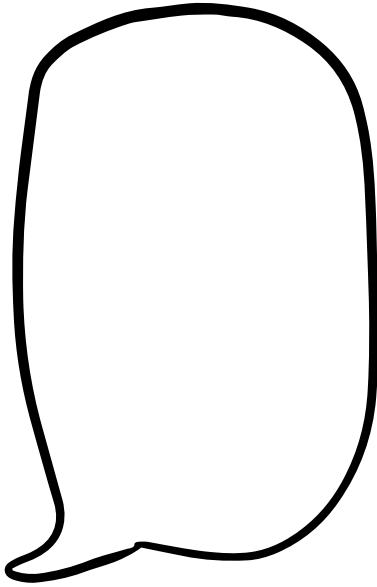




**Good ways to
distract myself
from difficult
thoughts**



If I could go back to the first time I self-harmed, I'd tell myself...



Today ___/___/_____

I AM

I FEEL

I HOPE

I WISH

anything else...

Playlist

These songs reflect how I feel right now

1-

2-

3-

4-

5-

6-

7-



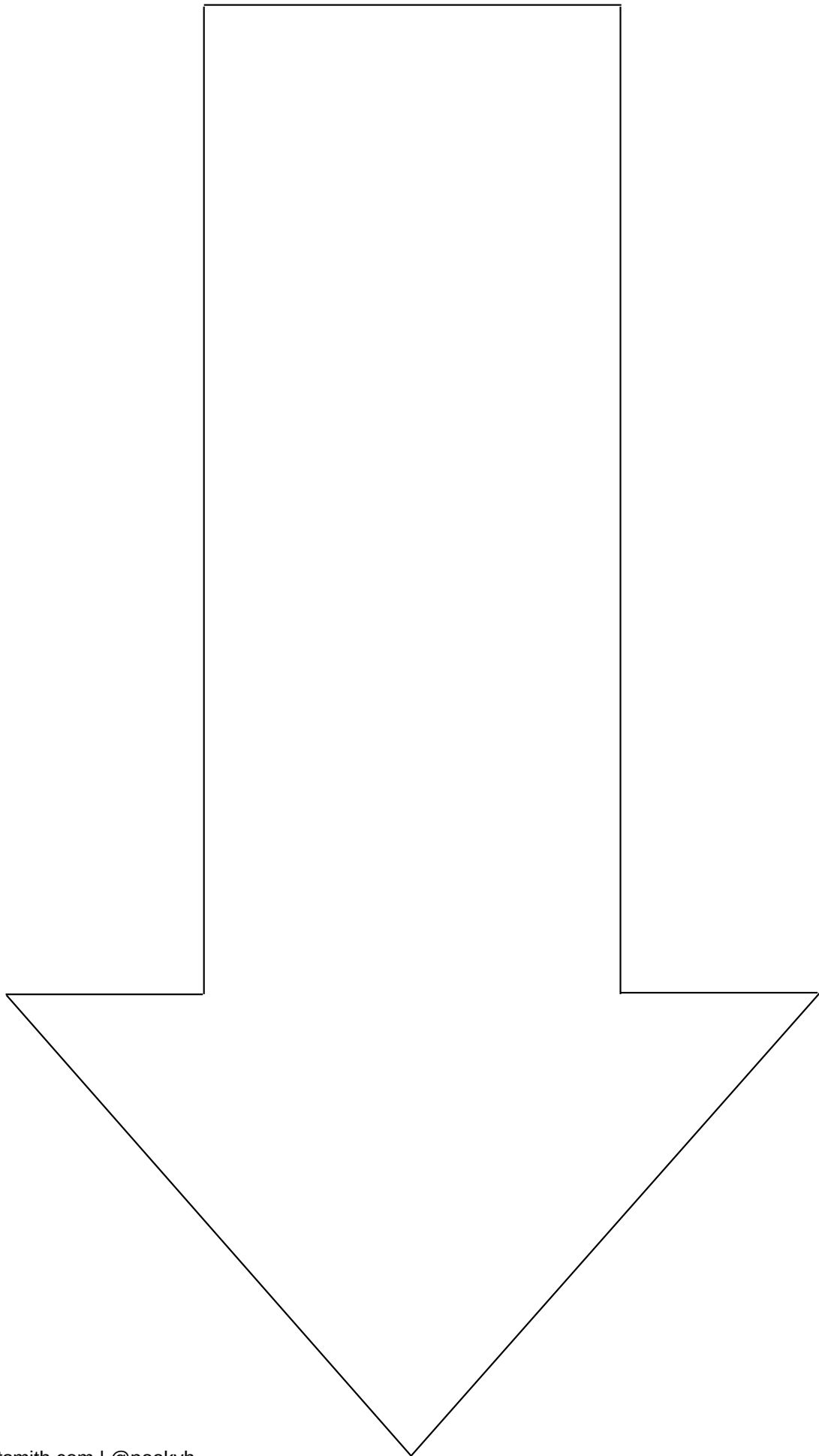
- Things that make me angry -



Things I wish I could change

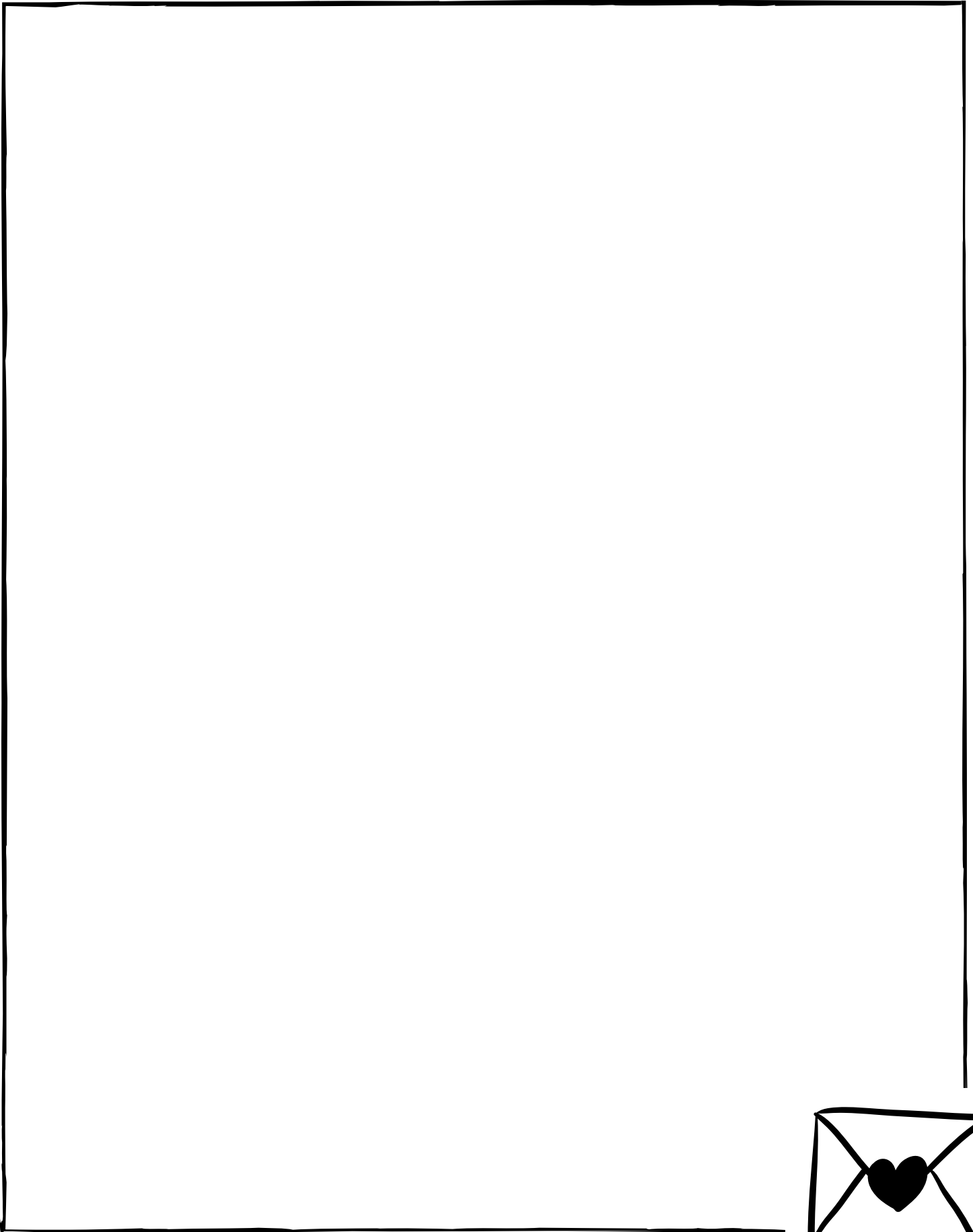
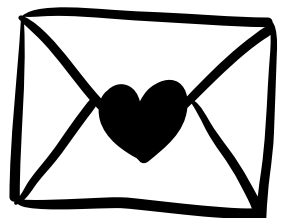
Rate each statement, 1 to 10 where 1 is not at all and 10 is absolutely

What's weighing me down...



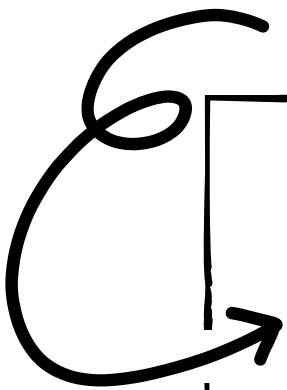
A letter from my future self

Write a kind and encouraging letter to yourself today, from yourself ten years in the future...

A large, empty rectangular box with a black border, intended for writing a letter. The box is positioned in the center of the page, below the introductory text and above the footer.

How I feel...

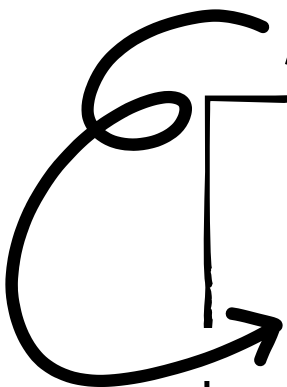
Before I self-harm

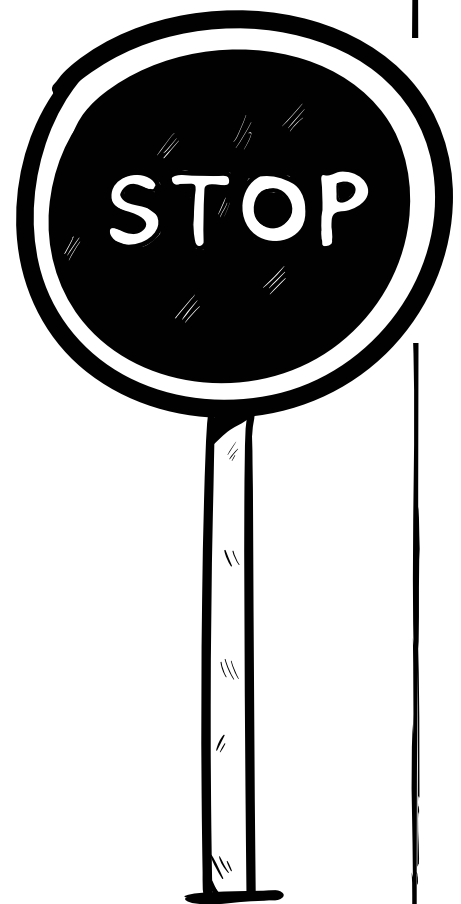


Whilst I'm self-harming



After I self-harm





Reasons it's hard to stop self-harming

Statements to Rank & Explore

I feel well supported

I have good coping strategies

I have a lot of worries

I have adults I can trust

There are places I feel safe

Sometimes I feel calm and/or happy

I am often angry

No one understands me

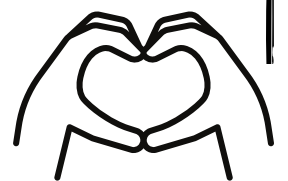
I have kind friends

I have things to look forward to

Rate each statement, 1 to 10 where 1 is not at all and 10 is absolutely

Helpful

Unhelpful



When it comes to adults or friends trying to help, what helps you cope and what makes things feel worse?

Helping
you to help
your child

- Thank You! -

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If you already support me on Patreon, THANK YOU. If you don't, please consider supporting me at patreon.com/pookyh - you'll get instant access to a wide range of guides and videos to help you to help your child and you'll help to fund my future work for you and others like you.



Pooky x

