

NSSI REPLACEMENT BEHAVIORS

Feeling angry	Feeling sad or depressed	Craving sensation/Feeling empty or unreal	Wanting focus	Feeling guilty or like a bad person
<ul style="list-style-type: none"> • Squeeze ice. • Do something that will give you a sharp sensation, like eating lemon. • Flatten aluminum cans for recycling • Hit a punching bag. • Pick up a stick and hit a tree. • Use a pillow to hit a wall, pillow-fight style. • On a sketch or photo of yourself, mark in red ink what you want to do. • Cut and tear the picture. • Make clay models and cut or smash them. • Throw ice into the bathtub or against a brick wall hard enough to shatter it. • Dance. • Clean. • Exercise. • Bang pots and pans. • Stomp around in heavy shoes. • Play handball or tennis 	<ul style="list-style-type: none"> • Do something slow and soothing. • Take a hot bath with bath oil or bubbles. • Curl up under a comforter with hot cocoa and a good book. • Hug a loved one or stuffed animal. • Play with a pet. • Make a list of things that make you happy. • Do something nice for someone else. • Light sweet-smelling incense. • Listen to soothing music. • Smooth nice body lotion into the parts of yourself you want to hurt. • Call a friend and just talk about things that you like. • Make a tray of special treats. • Watch TV or read. • Visit a friend. 	<ul style="list-style-type: none"> • Squeeze ice. • List the many uses for a random object. (For example, what are all the things you can do with a twist-tie?) • Interact with other people. • Put a finger into a frozen food (like ice cream). • Bite into a hot pepper or chew a piece of ginger root. • Rub liniment under your nose. • Slap a tabletop hard. • Take a cold bath. • Stomp your feet on the ground. • Focus on how it feels to breathe. Notice the way your chest and stomach move with each breath. 	<ul style="list-style-type: none"> • Do a task that is exacting and requires focus and concentration. • Eat a raisin mindfully. Notice how it looks and feels. Try to describe the texture. How does a raisin smell? Chew slowly, noticing how the texture and even the taste of the raisin change as you chew it. • Choose an object in the room. Examine it carefully and then write as detailed a description of it as you can. • Choose a random object, like a twist-tie, and try to list 30 different uses for it. • Pick a subject and research it on the web. 	<ul style="list-style-type: none"> • List as many good things about yourself as you can. • Read something good that someone has written about you. • Talk to someone that cares about you. • Do something nice for someone else. • Remember when you've done something good. • Think about why you feel guilty and how you might be able to change it.

NSSI REPLACEMENT BEHAVIORS

Reach Out to Others	Express Yourself	Keep Busy	Do Something Mindful	Release Your Frustrations
<p>Phone a friend.</p> <p>Call 1-800-DONT-CUT.</p> <p>Go out and be around people.</p>	<p>Write down your feelings in a diary.</p> <p>Cry - crying is a healthy and normal way to express your sadness or frustration.</p> <p>Draw or color.</p> <p>Sing.</p> <p>Write a poem.</p>	<p>Play a game.</p> <p>Listen to music.</p> <p>Read.</p> <p>Take a shower.</p> <p>Open a dictionary and learn new words.</p> <p>Do homework.</p> <p>Cook.</p> <p>Dig in the garden.</p> <p>Clean.</p> <p>Watch a feel-good movie.</p>	<p>Count down slowly from 10 to 0.</p> <p>Breathe slowly, in through the nose and out through the mouth.</p> <p>Focus on objects around you and thinking about how they look, sound, smell, taste and feel (grounding).</p> <p>Do yoga.</p> <p>Meditate.</p> <p>Learn some breathing exercises to aid relaxation.</p> <p>Concentrate on something that makes you happy: good friends, good times, laughter, etc.</p>	<p>Break old dishes.</p> <p>Rip apart an old cassette tape, smash the casing.</p> <p>Throw ice cubes at a brick wall.</p> <p>Smash fruit with a bat or hammer.</p> <p>Punch pillows.</p> <p>Scream into a pillow.</p> <p>Yell or sing at the top of your lungs.</p> <p>Exercise.</p>