



ACTION WORKSHEET

What if you cut your wrists and your friends want to get you help but you don't want it?



Your self-injury behavior is likely a result of other issues in your life right now.
Make a list of the things you are struggling with right now.



Make a list of people you can talk with who can help you sort through the reasons behind your self-injury behavior:



Open God's Word and let Him speak to you.
Read Psalm 34:18 & write down your reaction after reading it:

Make a list of other comforting passages you can go to when you feel a struggle coming on:



Assemble your coping kit:

- Markers
- Ice cubes
- Red food coloring
- A music playlist

These answers aren't comprehensive ... They are a start. If you or someone you know needs counseling please call Christian Family Solutions Counseling Care & Services at **800-438-1772**.

If you are experiencing a health emergency of any kind, please dial **911**. If you are having suicidal thoughts or know someone who is, **call or text the National Suicide Prevention Lifeline at 988**.