NAME: ___________________  
DATE: ____________________

S.A.S  
(Self-assessment Sheet)

Pick one situation in the past week where you either self-injured or had urges to self-injure:

1. Where were you? ________________________________________________________________

2. Who was there? ________________________________________________________________

3. Was there “TRIGGER” (was there a situation that UPSET you or a change in your mood? If so, what?)
   ______________________________________________________________________________
   ______________________________________________________________________________

What were you THINKING? (What thoughts were going through your head at that time?)
   ______________________________________________________________________________
   ______________________________________________________________________________

How UPSET were you? (Circle one):
   1 Very upset  2 Really  3 Moderately  4 Mildly But still ok  5 Not at all

Did you use any techniques or ways to cope differently with your distress? If yes, what?
   ______________________________________________________________________________
   ______________________________________________________________________________
   ______________________________________________________________________________

How well do you feel you handled yourself? (Circle one):
   1 Poorly  2 Not so well  3 Okay  4 Good  5 Great

What were the consequences? (What happened as a result of how you handled this situation?)
   Short-term?  Long-term?
   ______________________________________________________________________________
   ______________________________________________________________________________

What would you do DIFFERENTLY?
   ______________________________________________________________________________
   ______________________________________________________________________________
   ______________________________________________________________________________