

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	2	3	4	5
Very upset	Really	Moderately	Mildly But still ok	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	2	3	4	5
Poorly	Not so well	Okay	Good	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?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_