|  |  |  |  |
| --- | --- | --- | --- |
|  | **Suicidal Ideation** | |  |
|  | When you self-harm, do you ever think about purposefully ending your life? |  |  |
|  |  | |  |
|  |  | |  |
|  |  | |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Onset, Frequency, and Methods** | | | | | |  |
|  | When was the first time you self-harmed? | | |  | | |  |
|  |  | | | | | |  |
|  |  | | | | | |  |
|  |  | | | | | |  |
|  |  | | | | | |  |
|  | When was the most recent time? | |  | | | |  |
|  |  | | | | | |  |
|  |  | | | | | |  |
|  |  | | | | | |  |
|  |  | | | | | |  |
|  | How many times per week or month do you self-harm? | | | |  | |  |
|  |  | | | | | |  |
|  | How do you typically self-harm? |  | | | | |  |
|  |  | | | | | |  |
|  |  | | | | | |  |
|  |  | | | | | |  |
|  | Do you self-harm more, or more severely, than when you started? | | | | |  |  |
|  |  | | | | | |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Aftercare** | | |  |
|  | How do you take care of your injuries afterward? |  | |  |
|  |  | | |  |
|  |  | | |  |
|  |  | | |  |
|  |  | | |  |
|  | Have you ever hurt yourself so badly that you needed medical attention, even if you didn’t get it? | |  |  |
|  |  | | |  |
|  |  | | |  |
|  |  | | |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Reasons** | |  |
|  | What are your reasons for self-harming? |  |  |
|  |  | |  |
|  |  | |  |
|  |  | |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Stage of Change** | | |  |
|  | How motivated are you to stop self-harming? | |  |  |
|  |  | | |  |
|  |  | | |  |
|  |  | | |  |
|  | What would help you stop self-harming? |  | |  |
|  |  | | |  |
|  |  | | |  |