

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?

