

## Personal self-harm spectrum

Below is a list of activities/aspects of life. These can all be carried out in ways which are more or less self-nurturing or self-harming. On the scale for each activity, show in a way that feels appropriate to you where you think you fall.

**Self-nurturing**

**Self-harming**

**Eating**.....

**Sleeping**.....

**Working**.....

**Exercising**.....

**Leisure/  
relaxing**.....

**Partner/  
sexual relationships**.....

**Friendships**.....

**Family  
relationships**.....

**Alcohol/  
drugs**.....

**Spending**.....

**One  
other  
activity of  
your choice**.....