

# Worksheet | Six Steps of the Self-Mutilation Sequence

## Directions:

Answer each of the questions as honestly as you can. The goal of this worksheet is to help you gain insight and understanding into your tendency to harm yourself and to help you get control of this behavior.

**1. Who has hurt you, either physically, sexually, or emotionally?**

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**2. From whom do you physically withdraw when the person(s) identified in #1 hurts you?**

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**3. Describe what it feels like to detach from yourself. (Some people report that they feel themselves disconnect from their emotions, body, and reality.)**

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**4. How do you feel about yourself when the person(s) identified in #1 hurts you and you are detached from yourself?**

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**5. What is the first thought you have about how to harm yourself? How do you think about doing it, and then how do you actually do it? (For some individuals this is different.)**

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**6. What do you get out of hurting yourself? (This can be internal and/or external.)**

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