

S.I.B. LOG

EXPLANATIONS

DATE / TIME Date and time you notice the urge start	URGE What are you having an urge to do?	THOUGHTS What are your thoughts and/or concerns going through your head right now?	FEELINGS How are you feeling emotionally?	SURROUNDINGS Where are you? Who else is there?
GOALS What do you want to get out of the self-injury?	BENEFITS What would be the benefits of hurting yourself?	CONSEQUENCES What would be the negative consequences of self-injuring in this moment?	CHOICES SIB is a choice. What are the different ways you could handle this urge?	NEXT TIME? What will you do next time you have an urge to self-injure?

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EXAMPLE

DATE / TIME	URGE	THOUGHTS	FEELINGS	SURROUNDINGS
10/14 6:30PM	Cut	I have too much work to do and there is no way I am going to get it all done!	Angry, annoyed, worthless	Home alone in my bedroom
GOALS	BENEFITS	CONSEQUENCES	CHOICES	NEXT TIME?
Get rid of the work I have to do, release tension, and distract myself	Distract myself temporarily	Another scar, feel guilty, still have too much work to do but would have wasted time cutting, disappoint my friends and family	Cut, read, scream, cry, call a friend, listen to music, journal, take a shower	Fill out SIB log, call a friend. Remind myself that I have fought the urge before.

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THE REAL DEAL!

DATE / TIME	URGE	THOUGHTS	FEELINGS	SURROUNDINGS
GOALS	BENEFITS	CONSEQUENCES	CHOICES	NEXT TIME?