Appendix I

The Why I Hurt Myself Checklist

I hurt myself . . . . . . .

1. To stop feeling so bad or so tense Y N
2. To “take away” upsetting thoughts Y N
3. To feel more in control of my body Y N
4. To make invisible, inside wounds external and visible Y N
5. To create the opportunity and a reason to engage in self-care Y N
6. To “show” earlier trauma experiences Y N
7. To stop myself from telling something about my trauma story Y N
8. To get revenge Y N
9. To outwardly express anger that I hold inside Y N
10. To mark a certain occasion or event so I can remember that it happened Y N
11. To punish myself for behaviors I think are shameful, sinful, or bad Y N
12. To cry out for help Y N
13. To check out, dissociate, or feel numb Y N
14. To return to reality or stop feeling “out of it” Y N
15. To feel safer and more secure inside wounds external and visible Y N
16. To feel unique, special, or different Y N
17. To feel a rush Y N
18. To achieve a sense of identity Y N
19. To reconnect with myself and feel whole or alive Y N
20. To stimulate myself Y N
21. To purify or cleanse my body Y N
22. To distract myself from something or someone threatening Y N
23. To stop the sound of voices, or imaginary friends Y N
24. To feel peaceful or calm Y N
25. To punish or control other people Y N
26. To get others to connect with me Y N
27. To show how much I hate myself Y N
28. To get attention from someone important in my life Y N
29. To leave a mark so people know my pain is real Y N

Other reasons: ___________________________________________

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