

Functional Analysis of Self Injury

Part A. Understanding the actions of self-injury.

External

1. What is normally happening immediately prior to self injury?
(Conflict/Anxiety/School etc.)

2. Where do you usually self injure?
(Bedroom / Bathroom / School / Park etc.)

3. When do you usually self injure?
(Night time / after school / when around a particular person)

Internal

1. What are you usually thinking about right before you self injure?

2. What are you usually physically feeling right before you self injure?

3. What are you usually feeling emotionally right before you self injure?

Behaviour

1. What is the method of self-injury?
(eg. cutting, burning etc.)

2. Where on the body do you self injure?

3. How frequently do you self injure?

4. How long are your sessions of self injury?
(i.e. 10 minutes, 1 hour)

5. How consistent is the severity?
(i.e. always the same, sometimes more severe)

Part B. Understanding the function & effects of self-injury.

1. What are some of the positive feelings you have while you self injure?

2. What are some of the negative feelings you have while you self injure?

3. What are some of the positive thoughts you have while you self injure?

4. What are some of the negative thoughts you have while you self injure?

5. What do you like and/or dislike about this method of self injury?

6. What do you like and/or dislike about injuring that part of your body?

7. What do you like and/or dislike about when you self injure (time of day / night?)

8. What effect does your self injury have on:

a) Family

b) Friendships

c) Intimate relationships

d) Self-esteem or self-concept

e) School

f) Work

g) Social activities

h) Your values

i) Other comments
