

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