

## PROs

## CONs

### ACTING ON crisis urge

### PERSONAL Pros/Cons for self-harm

### RESISTING crisis urge

- Instant emotional relief
- I like the scars
- It communicates to me & others how much pain I'm in

- Impacts my friends/family
- I have more scars to explain
- I feel shame when I'm actively self-harming
- I train my brain that I can't tolerate my emotions
- I look bad on my podcast
- Don't get to do exposure therapy for at least 2+ months

- I train my brain that I CAN tolerate my emotions
- I become more skillful at regulating emotions & tolerating distress
- I can support other folks who are self-harming
- I get to do exposure therapy right away

- It's hard & takes energy, effort, skill
- I have to intentionally use a skill and do it all the way & that takes effort
- I have the thought that resisting the urge is invalidating my pain
- All my effort is internal, ergo invisible