
Exercise: Recognising Your Self-Destructive Behaviours

This worksheet is very similar to the Recognising Your Emotions Worksheet. However, this exercise asks you to observe your self-destructive behaviors and then to identify what the emotional rewards were for your behavior and why those rewards were only temporary. Use the following example worksheet to help you.

EXAMPLE: RECOGNISING YOUR SELF-DESTRUCTIVE BEHAVIORS WORKSHEET

Questions	Your Responses
When did the situation happen?	<i>Tonight.</i>
What happened? (Describe the event)	<i>My girlfriend and I got into a fight. I asked her to come over, but she said she was too busy. Then I told her I didn't know what I would do to myself if she didn't come over, so she did.</i>
Why do you think that situation happened? (Identify the causes)	<i>She's selfish sometimes. But I also know she's tired when she gets home from work. She's also studying for some classes she's taking. We were both in bad moods.</i>
How did that situation make you feel, both emotionally and physically? (Try to identify both the primary and the secondary emotions)	<i>Primary emotions: Anger Secondary emotions: Hopeless, annoyed, afraid that she might leave me Physical sensations: My face became hot, my hands clenched.</i>
What did you want to do as a result of how you felt? (What were your urges?)	<i>I wanted to scream at her and tell her how selfish she is. I also thought about scarring my arm, like I've done in the past.</i>
What did you do and say? (What self-destructive behaviors did you engage in as a result of how you felt?)	<i>I told her she had to come over if she really loved me, or I didn't know what I would do. Then I hung up the phone without waiting for her reply. I went in the kitchen and ate a half-gallon of ice cream while I waited for her to come over. I didn't sleep all night.</i>
What was the emotional reward for your self-destructive behavior? (Identify how the emotional reward was temporary.)	<i>By manipulating her, I got her to come over, which made me feel good. But when she came over, we fought. The ice cream also made me feel good for a little while, but I've been putting on too much weight lately, which makes me feel guilty. Not sleeping another night just made me feel worse the next morning.</i>

RECOGNISING YOUR SELF-DESTRUCTIVE BEHAVIORS WORKSHEET

Questions	Your Responses
When did the situation happen?	
What happened? (Describe the event)	
Why do you think that situation happened? (Identify the causes)	
How did that situation make you feel, both emotionally and physically? (Try to identify both the primary and the secondary emotions)	<i>Primary emotions:</i> <i>Secondary emotions:</i> <i>Physical sensations:</i>
What did you want to do as a result of how you felt? (What were your urges?)	
What did you do and say? (What actions or behaviors did you engage in as a result of how you felt?)	
What was the emotional reward for your self-destructive behavior?(Identify how the emotional reward was temporary.)	