



Confrontation Log[©]

Learning to Confront Effectively

What is a confrontation? A confrontation is the act of stating one's opinion, thoughts and/or feelings in order to bring about change.

Example 1: *Telling another person that you experienced their behavior or comment as hurtful/abusive.*

Who am I confronting and why? _____

What do I hope to accomplish by confronting this person(s)? _____

Plan to confront this person(s) and when? _____

Negative thoughts about myself? _____

What questions or challenges do I need to ask of myself? _____

Outcome of the confrontation _____

Is there something I would have liked to have done differently? _____

What did I learn about myself? _____



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Dilemma Log[©]

What is a dilemma? A dilemma is an undesirable or unpleasant problem.

Example: *A friend just told you something that could cause harm and asked you to not tell anyone.*

What is my dilemma? _____

Have I shared this dilemma with someone? Yes___ No___

If yes, with whom and why? _____

If no, why not? _____

What are potential solutions to this dilemma? _____

What are my fears surrounding potential solutions? _____

How have I decided to handle this dilemma? _____



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What do I see as potential the outcome(s) for my plan? _____

What was the outcome? _____

What steps will I take next time a dilemma arises? _____

What I have learned about how I deal with a dilemma?



Impulse Control Log[©] – Side 1

ACTING OUT/SELF INJURY THOUGHTS: (e.g., cutting, running away)	TIME AND DATE: (e.g., 9:00 p.m., 15/02/18?)	LOCATION: (e.g., bedroom)	SITUATION: (e.g., I was by myself, thinking about getting better.)	FEELING: (e.g., scared)	WHAT WOULD BE THE RESULT OF SELF-INJURY? (e.g., more scars, loss of trust of family and friends)

S.A.F.E. ALTERNATIVES® Impulse Control Log® - Side 2

WHAT WOULD I BE TRYING TO COMMUNICATE WITH MY SELF-INJURY? (e.g., I'm scared and I need attention.)	ACTION TAKEN: How were thoughts/feelings communicated or coped with? (e.g., I used my five alternatives and confronted my distorted thoughts.)	OUTCOME: (e.g., I noticed a decrease in my desire to act out.)



Negative Thinking Log[©]

Challenging negative thinking means to call into question one's own beliefs or thoughts.

Example:

Question/Statement: *Why do I think of myself as "bad"? or "I am stupid" or "I need to be punished", etc...*

Belief: *I think I am bad because I caused my parents to divorce.*

Challenge: *Maybe my parents just could not get along, and their divorce had nothing to do with me.*

Question/Statement: _____

Belief: _____

Challenge: _____



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Productive Risk Taking Log[®]

Productive risk taking is engaging in a behavior which is out of one's comfort zone.

Example(s): *Volunteering, joining cause, going to a social event alone*

Describe the risk _____

What is my fear(s) about this risk? _____

How I plan to take this risk and when? _____

What do I hope to accomplish by taking this risk? _____

OUTCOME:

Describe how the risk turned out _____

What did I learned about myself by taking this risk? _____
