

## **ALTERNATIVES TO SELF-HARM:**

### **Emotional Pain:**

- Ask for a hug.
- Talk it out.
- Look at feel-good images.
- Listen to soothing music.
- Write, paint, or dance it out.
- Pat or play with pets.

### **Self-Blame:**

- Forgive yourself, and the child you once were.
- Remember how vulnerable you were.
- Turn your anger on your abusers (in your mind).

### **Anger:**

- Go for a run.
- Punch a pillow.
- Throw raw eggs into the tub.
- Scream into a pillow.

### **Alternative to Suicide**

- Call a crisis line.
- Talk to a friend. Tell them how you feel.
- Read Mari Collings' *Reasons Not to Kill Yourself*.

*Written by Cheryl Rainfield, author of SCARS, a teen novel about a girl who self-harms to cope with abuse.*

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