Impulse Control Log

Acting Out/ Self-Injury: Thoughts Cutting, scratching, Running away	**Time/ Date**	**Location** e.g., bedroom	**Situation** e.g., I was by myself, thinking about getting better…	**Feeling** e.g., Scared	**What Would Self-Injury Accomplish?** e.g., More scars, discharge from program	**What Would I Be Trying to Communicate with My Self-Injury?** e.g., I'm scared, I need attention	**Outcome** e.g., Used my 5 Alternatives, Confronted/ Challenged thoughts	**Comments** e.g., I notice a decrease in my desire to act out.