

S.A.F.E. Alternatives® Impulse Log - Side 1

<b>ACTING OUT/SELF-INJURY:</b> <b>THOUGHTS:</b> (i.e., cutting, running away)	<b>TIME &amp; DATE</b> (i.e., 9:00 p.m. 6/03/96)	<b>LOCATION:</b> (i.e., bedroom)	<b>SITUATION:</b> (i.e., I was by myself, thinking about getting better.)	<b>FEELING:</b> (i.e., scared)	<b>WHAT WOULD BE THE RESULT OF SELF-INJURY?</b> (i.e., more scars and discharge from the program)

## S.A.F.E. Alternatives® Impulse Log - Side 2

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