



## **Worksheet: Reflecting on Provider Discomfort with Self-Harm**

**Instructions:** This worksheet is meant to help you explore your thoughts, feelings, and clinical concerns when working with individuals who self-harm. Use it individually or during supervision/peer consultation.

---

### **Section 1: Naming the Discomfort**

**1. What emotions come up for you when working with a client who self-harms?**

- ☐ Anxious
- ☐ Overwhelmed
- ☐ Protective
- ☐ Uncertain
- ☐ Helpless
- ☐ Triggered
- ☐ Other: \_\_\_\_\_

**2. Where do you think these emotions are coming from?**

(E.g., past experiences, lack of training, fear of making a mistake)

---

---

### **Section 2: Identifying Clinical Concerns**

**3. What specific aspects of working with self-harm worry you most?**

- ☐ Risk of escalation or suicide
- ☐ Not knowing what to say
- ☐ Fear of reinforcing the behavior
- ☐ Navigating liability/documentation
- ☐ Talking with families or caregivers
- ☐ Triggering personal history
- ☐ Other: \_\_\_\_\_

**4. What questions do you still have about treating self-harm?**

---

---

---

### Section 3: Reframing the Fear

#### 5. What values guide you in your work with clients in pain?

(E.g., compassion, nonjudgment, presence, advocacy)

---

---

#### 6. What do you *know* to be true about recovery from self-harm?

---

---

### Section 4: Grounding in Action

#### 7. What clinical tools or models do you feel most confident using with this population?

- ☐ DBT
- ☐ CBT
- ☐ Safety Planning
- ☐ Motivational Interviewing
- ☐ Behavioral Chain Analysis
- ☐ Psychoeducation
- ☐ Other: \_\_\_\_\_

#### 8. What support do you need to feel more grounded in this work?

- ☐ More training
- ☐ Supervision
- ☐ Peer support
- ☐ Personal therapy
- ☐ Case consultation
- ☐ Resources/tools/templates
- ☐ Other: \_\_\_\_\_

Next step I can take: \_\_\_\_\_