

## **Shaping Self-Harming Behavior**

Here are some coping mechanisms designed to help shape the behavior of youth who self-harm by cutting.

When the youth have the urge to cut you may have them:

- Put an ice cube in hands as a way of experiencing pain without any permanent damage or harm.
- Put a red rubber band around their wrist and flick it as a way of inflicting some pain with damage or harm.
- Use a red marker to draw across their arms or legs as a way to visualize red without damage or harm.

It should be noted that each of these coping mechanisms are to be used as a way to shape the self-harming/cutting behavior and move the youth towards ever more healthy coping strategies.