

**S.A.F.E. ALTERNATIVES
IMPULSE CONTROL LOG**

Acting out/Self-Injury: Thoughts (e.g. cutting, running away)	Time and Date (e.g. 9:00 p.m. 6/3/05)	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 and discharge from program)	What Would I Be Trying to Communicate with My Self-Injury? (e.g. I'm scared, and I need attention)	Outcome (e.g. used my five alternatives, confronted my distorted thoughts, challenged my thoughts)	Comments (e.g. I noticed a decrease in my desire to act out)

