

Decisional Balance Chart – NMCS Podcast

PROS of no change	CONS of no change
Q1 “What are the benefits of your self-harming behaviours?” A: It gives me control I am good at it I get attention It makes me feel euphoric It is my release The physical pain is easier to bear than the emotional pain It makes me feel alive It keeps me alive, without it I would die I like the sight of blood, it makes me feel alive It takes away bad feelings	Q2 “What are the not so good things about your self-harming behaviours?” A: It hurts sometimes I have ugly scars My friends and family hate it and get upset I feel guilty and ashamed It is getting worse It makes me isolated
PROS of change	CONS of change
Q4 “What might be good about letting go of your self-harming behaviours from your perspective?” A : My friends and family would be so happy I could wear clothes that show my arms and legs I wouldn’t have to hide away the whole time I could have a boyfriend I could be proud of myself I could plan a future Life in general would be so much better	Q3 “Help me understand what it is about letting go of your self-harm that you are afraid of?” A : I don’t have anything to replace it I would lose control It is the only coping strategy that actually works I would lose attention I can’t imagine not doing it I would have to face my emotional pain I would lose so much I am scared I would not be able to cope I would have to communicate my pain in another way and I don’t know how