

# “COPING THROUGH THE URGE, NOT THROUGH HARM”

SELF-HARM IS OFTEN A WAY SOME PEOPLE COPE WITH OVERWHELMING

EMOTIONAL PAIN, DISTRESS, OR NUMBNESS. THE PAIN EXPERIENCED DURING THESE MOMENTS CAN FEEL INTENSE, CONFUSING, AND DIFFICULT TO EXPRESS IN WORDS, MAKING SELF-HARM SEEM LIKE A WAY TO RELEASE OR CONTROL THOSE FEELINGS, EVEN THOUGH IT DOES NOT SOLVE THE UNDERLYING HURT.

## Worksheet

### Urge Weather MAP



#### SECTION 1: UNDERSTANDING MY URGE WEATHER

What does it give me when I do self harm?

"Tick or color the correct feeling"



SELF-HARM URGES ARE TREATED LIKE WEATHER PATTERNS — THEY COME, INTENSIFY, PASS, AND CHANGE. THIS REMOVES SHAME AND BUILDS EMOTIONAL OBSERVATION SKILLS.



## SECTION 2 : URGE FORECAST

### PROMPT:

When self-harm urges show up, WHAT DO THEY FEEL like?

Fill blanks:

Urge feels like: \_\_\_\_\_ (storm / pressure / noise / heaviness etc)

Where do I feel it in my body: \_\_\_\_\_

Intensity right now (0-10): \_\_\_\_\_

## SECTION 3 : HEALTHIER ALTERNATIVES FOR SELF HARM

What does self harm give me?	If I feel this way , I can..	Time
Feel pain / feel grounded	Hold ice cube, snap rubber band, take cold shower	5-10 mins
Express emotions	Journal, draw feelings, write what I want to say	15 mins
Feel understood	Call a friend/text someone	until the urge passes

## SECTION 4 : WATCHING THE WEATHER PASS

Prompt:

What usually happens if I wait 10–20 minutes?

Options:

- Urge stays same
- Urge increases
- Urge reduces
- Changes into another feeling

## SECTION 4: MY “RAIN KIT” (COPING LIST)

Prompt: When emotional storms hit,

What helps me stay safe?

**Categories:**

COMFORT → \_\_\_\_\_

DISTRACTION → \_\_\_\_\_

EXPRESSION → \_\_\_\_\_

SUPPORT PERSON → \_\_\_\_\_

Helpline and support

1. AASRA – Suicide Prevention Helpline  
+91 9820466726 (available 24/7)
2. KIRAN Mental Health Rehabilitation  
Helpline (Government of India)  
1800-599-0019 (available 24/7)

Designed by Anuja Bezbora

BA.PSychology, Fergusson College , Pune

