

# Self Harm Intensity Scale Worksheet

**Notes:** \_\_\_\_\_

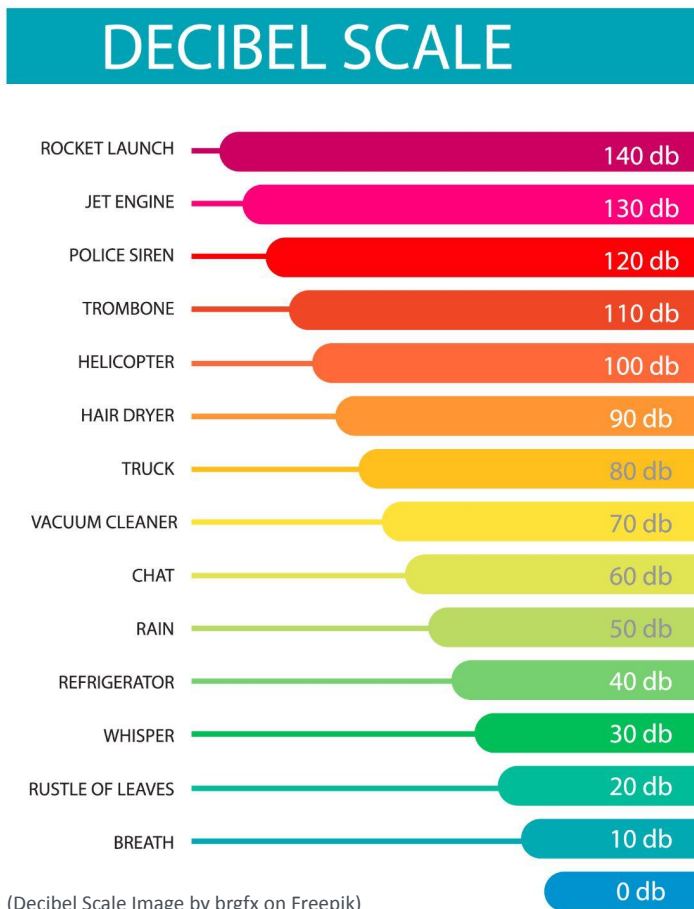
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## Activity:

Self harm can be understood to include a range of behaviors on an intensity scale.

A visual example of an intensity scale is the decibel sound levels chart at the right.

You can write examples into the boxes in the left column of the diagram below to create your own Self Harm Intensity Scale of unsafe behaviors.



# Self Harm Intensity Scale

