

Self-injury Behaviors and Functions Review (SBFR)

Client name: _____

Clinician name: _____

Please indicate below which of the following things you have done, when you did it, and how often. Do not include anything that you did to try to kill yourself.

| Behavior | Your age | | The number of times you did this | | | |
|--|-----------------------------|----------------------------|----------------------------------|------------------------------|------------------|----------------------|
| | The first time you did this | The last time you did this | In the last 6 months (estimate) | In the last month (estimate) | In the last week | In the last 24 hours |
| 1. Cutting or scratching yourself, with glass, a razor blade, or another object | | | | | | |
| 2. Scratching yourself with your fingernails in order to bleed or feel pain | | | | | | |
| 3. Burning yourself with a cigarette, candle, flame, or a very hot object | | | | | | |
| 4. Stabbing yourself or piercing part of your body in order to bleed or feel pain (not for decoration) | | | | | | |
| 5. Biting or chewing some part of your body, other than the inside of your mouth or lips | | | | | | |
| 6. Biting or chewing the inside of your mouth or lips, enough that there was blood or pain | | | | | | |
| 7. Picking at your skin, or at scabs | | | | | | |
| 8. Banging your head against a wall or other object | | | | | | |
| 9. Punching or hitting yourself, with your fists or an object | | | | | | |
| 10. Punching a wall | | | | | | |
| 11. Cutting a sexual part of your body | | | | | | |
| 12. Poking yourself in the eye hard enough that it hurt or bled | | | | | | |
| 13. Burning yourself with acid | | | | | | |
| 14. Scalding or burning yourself with very hot liquid or water | | | | | | |
| 15. Rubbing or scraping something against your skin until it burns, bleeds, or makes a mark | | | | | | |
| 16. Pulling your hair out | | | | | | |
| 17. Intentionally breaking bones in your arm, leg, hand, or foot | | | | | | |
| 18. Cutting off some piece or part of your body | | | | | | |

If you have done any of the things listed above, please mark with an X below how much each of the following were reasons why you hurt yourself.

| Reason why you did one or more of these things | How often was this one of the reasons why you hurt yourself? | | | | |
|--|--|---------------------------------|--------------------------|-------------------------------|-----------------------------------|
| | Never the reason | Occasionally one of the reasons | Often one of the reasons | Very often one of the reasons | One of the most important reasons |
| 1. To distract yourself from your problems | | | | | |
| 2. To feel in control of yourself or your body | | | | | |
| 3. To stop feeling numb or shut down | | | | | |

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| 4. To let people know how you feel | | | | | |
| 5. To block upsetting memories | | | | | |
| 6. To keep from thinking something | | | | | |
| 7. To stop feeling upset | | | | | |
| 8. To stop anxiety or worry | | | | | |
| 9. To stop sadness or depression | | | | | |
| 10. To stop a flashback | | | | | |
| 11. To feel good | | | | | |
| 12. To feel you were real or alive | | | | | |
| 13. To feel sexual | | | | | |
| 14. To keep from feeling sexual | | | | | |
| 15. To control others | | | | | |
| 16. To get someone to notice you or pay attention to you | | | | | |
| 17. To get help | | | | | |
| 18. To get your anger out | | | | | |
| 19. To punish yourself | | | | | |
| 20. To feel back in your body | | | | | |
| 21. To show people how bad you were feeling | | | | | |
| 22. To get even with someone | | | | | |
| 23. To stop feeling empty | | | | | |
| 24. To feel less bored | | | | | |
| 25. To calm yourself down | | | | | |
| 26. To scare yourself | | | | | |
| 27. To stop from doing something that you shouldn't do | | | | | |
| 28. To see blood | | | | | |
| 29. To make yourself unattractive | | | | | |
| 30. To relieve guilt or shame | | | | | |
| 31. To stop feeling abandoned or rejected | | | | | |
| 32. To keep from killing yourself | | | | | |
| 33. To keep from crying | | | | | |
| 34. To mark yourself as a bad person | | | | | |
| 35. To let people know that something is wrong | | | | | |
| 36. To hurt yourself instead of hurting someone else | | | | | |
| 37. To reduce stress or tension | | | | | |