|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

SELF HARM ALTERNATIVES

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | E | B | U | C | E | C | I | E | Z | E | E | U | Q | S | J | R | M | O | C | V | Z | D | I |
| Y | F | S | R | K | T | A | L | K | T | O | T | R | U | S | T | E | D | A | D | U | L | T | D |
| A | L | J | E | R | N | C | B | P | V | D | N | Q | D | A | N | C | I | N | G | A | B | E | W |
| Y | L | P | E | E | D | E | H | T | A | E | R | B | D | Z | P | L | J | V | T | A | A | A | Q |
| U | L | U | J | S | G | E | T | H | E | L | P | U | T | N | L | C | A | R | Y | L | T | M | P |
| A | L | Y | D | O | B | N | O | W | A | R | D | H | N | Q | A | X | O | P | I | E | Z | U | U |
| Y | A | S | H | Y | U | R | N | J | V | S | M | C | P | R | Y | X | B | N | Q | W | Z | Z | Z |
| M | B | J | F | H | U | D | K | H | R | U | T | G | U | G | V | U | Y | F | Q | Z | M | K | C |
| O | S | T | A | K | E | A | N | A | P | H | U | C | N | N | I | S | B | U | L | E | J | Z | I |
| O | S | I | C | O | L | O | M | P | J | I | H | A | C | I | D | X | D | E | R | X | G | A | S |
| R | E | L | C | M | A | P | E | N | N | T | F | L | H | G | E | L | S | M | E | E | N | B | U |
| N | R | S | B | C | U | E | D | Y | I | L | B | L | A | N | O | C | T | Q | N | R | I | T | M |
| A | T | G | N | I | T | N | I | A | P | E | B | H | P | I | G | O | Z | U | K | C | L | A | O |
| E | S | N | Z | B | B | F | T | B | Q | S | J | O | I | S | A | L | Z | R | Q | I | A | K | T |
| L | E | P | L | B | P | O | A | H | G | A | Q | T | L | A | M | O | J | C | N | S | N | E | N |
| C | Z | B | Q | W | V | D | T | T | I | C | S | L | L | I | E | R | L | O | P | E | R | A | E |
| N | E | Z | Z | A | A | T | E | N | T | O | X | I | O | Q | S | I | W | J | G | K | U | B | T |
| L | E | L | A | L | H | V | T | M | T | A | H | N | W | X | N | N | P | H | J | N | O | A | S |
| P | U | T | W | K | R | U | N | N | I | N | G | E | R | G | I | G | E | R | I | T | J | T | I |
| Q | Q | H | L | I | T | K | U | M | V | Y | B | L | E | H | N | G | O | B | A | L | G | H | L |
| U | S | A | W | N | P | C | I | Z | E | S | B | K | N | W | B | I | F | M | G | Y | J | I | B |
| N | E | U | G | G | N | O | P | I | U | N | T | R | X | S | Q | A | K | Y | W | T | I | N | Q |
| E | B | O | J | Q | R | E | P | A | P | P | U | P | I | R | M | C | V | A | D | C | T | N | Z |
| E | S | O | E | D | I | V | Y | N | N | U | F | H | C | T | A | W | G | E | B | V | G | T | G |

   MEDITATE       PLAY VIDEO GAMES       TAKE A NAP       PRAYING       PUZZLES       BAKING       CLEAN ROOM       CALL HOTLINE       RIP UP PAPER       PUNCH A PILLOW       SQUEEZE ICE CUBES       JOURNALING       WALKING       WATCH FUNNY VIDEOS       TAKE A BATH       DRAW ON BODY       TALK TO TRUSTED ADULT       SQUEEZE STRESS BALL       PAINTING       COLORING       DANCING       RUNNING       SINGING       GET HELP       BREATHE DEEPLY       LISTEN TO MUSIC       EXERCISE