

FASM

Have you ever engaged in the following behaviors within the past year (check all that apply):

	No	Yes	Approx. how many times?	Have you gotten medical treatment?
1. Cut or carved on your skin				
2. Hit yourself on purpose				
3. Pulled your hair out				
4. Gave yourself a tattoo				
5. Picked at a wound				
6. Burned your skin (i.e., with a cigarette, match or other hot object)				
7. Inserted objects under your nails or skin				
8. Bit yourself (e.g., your mouth or lip)				
9. Picked areas of your body to the point of drawing blood				
10. Scraped your skin				
11. "Erased" your skin				
12. other:				

While doing any of the above acts, were you trying to kill yourself?

_____ Yes _____ No

How long (in minutes) did you think about doing the above act(s) before actually doing it?

Did you perform any of the above behaviors while you were taking drugs or alcohol?

_____ Yes _____ No

Did you experience pain during this self-harm?

- _____ severe pain
- _____ moderate pain
- _____ little pain
- _____ no pain

How old were you when you first harmed yourself in this way? _____

If not in the past year, have you EVER done any of the above acts?

_____ Yes _____ No

Did you harm yourself for any of the reasons listed below? (check all reasons that apply):

0 Never	1 Rarely	2 Some	3 Often
Reasons:			Rating
1. to avoid school, work, or other activities			
2. to relieve feeling "numb" or empty			
3. to get attention			
4. to feel something, even if it was pain			
5. to avoid having to do something unpleasant you don't want to do			
6. to get control of a situation			
7. to try to get a reaction from someone, even if its a negative reaction			
8. to receive more attention from your parents or friends			
9. to avoid being with people			
10. to punish yourself			
12. to be like someone you respect			
13. to avoid punishment or paying the consequences			
14. to stop bad feelings			
15. to let others know how desperate you were			
16. to feel more a part of a group			
17. to get your parents to understand or notice you			
18. to give yourself something to do when alone			
19. to give yourself something to do when with others			
20. to get help			
21. to make others angry			
22. to feel relaxed			
23. other:			