for parents

STAGES OF CHANGE, SIGNS OF PROGRESS, AND HOW TO SUPPORT YOUR CHILD

STAGES OF CHANGE

As your child recovers from self-injury, they will move through stages marked by changes and shifts in attitudes and behaviors.

Although the depiction here is of a line, this process does usually does not happen in a linear way–your child may move back and forth between stages as they recover, so what you might perceive as setbacks are actually part of the process.

This infographic is intended to help you learn how your child is growing through this process, and how to best support them as they do so.

MORATORIUM → AWARENESS → PREPARATION → REBUILDING ACTION → STABILITY → SECURE

1 Moratorium

Your child lacks awareness or interest in change

PROGRESS

Even small shifts in your child's awareness, confidence, or intentions are signs of progress

SUPPORT

How to support:

- Express your own awareness of self-injury
- Ensure that you and your child's support system are including their input

What to avoid:

- Don't try to convince, cajole, or threaten
- Direct conversations about the behavior (yet)
- Take things personally

2 Awareness

Your child is now a growing sense of awareness of how self-injury is affecting their life and others–but they are still using self-injury to cope

P r o b l e m s

Your child may find hope that they may be able to live a life free of self-injury

They may also feel a sense of fear that change is hard to accomplish, and that they will not be able to use self-injury to cope with strong negative emotions

HOW TO SUPPORT

- Reinforce your child's hope
- Reinforce confidence that your child will be able to trace and deal with their self-injury urges
- Express your child that you are there to support them
- Remind your child of the progress they are making

WHAT TO AVOID

Don't disregard the work, validate their internally driven shift, even if change seems slow on the outside

3 Preparation

STAGE OF CHANGE 3

Your child is beginning to recognize the need to change, and has a growing desire to change

NEW MESSAGE: SUBLIMATION

How to support:

1) Acknowledge progress & effort

2) Offer support in connecting your child to resources to further growth

What to avoid:

1) Avoid overstating the importance of non-self-injurious coping method

2) Avoid overstating your child's confidence in this shift (though it may begin to increase)

SIGNS OF PROGRESS

- CLEAR EFFORTS TO MINIMIZE OR STOP BEHAVIOR
- GREATER COMMITMENT TO STOPPING
- RESPONSES TO LEARNING RECOVERY SKILLS

REMINDER

Self-injury recovery doesn't always happen in straight lines–even the most successful recoveries go through periods of relapse

4 Rebuilding/Action

STAGE OF CHANGE

Your child is taking regular steps to change, and is showing an increasing amount of success!

SIGNS OF PROGRESS

- Your child shows an understanding that stopping is not just about quitting, but also about developing active steps to stop and creating a new way of being
- A "new way of being" that is free from self-inflicted violence or lashing out, and learning positive ways of dealing with stressful thoughts and feelings

How to support:

Mirror, to better understand your child's unique and particular coping mechanisms

Maintain positive communication, and ask for new suggestions for managing urges or developing new habits

WHAT TO AVOID:

Avoid the urge to "fix" things quickly. A rushed balance is when a person's self-worth doesn't rely on their ability to use their coping and learning and remain self-sufficient in a balance

5 Stability

Your child has been self-injury free for one year

SIGNS OF SUCCESS

Your child has an understanding of what situations might trigger self-injury and has healthy ways of coping with self-injury when it's triggered

REMEMBER

Self-injury can come back, and it is not a reflection of someone's experience a relapse at this stage is the beginning, all is not lost, and you should continue to support your child with getting back on track

How your support can help:

Continue to offer recognition for your child's accomplishments and acknowledge the person they have become

Provide emotional support as needed

6 Secure

Self-injury free for 5+ years

SIGNS OF SUCCESS

A wide range of healthy coping strategies and used like exercise or gathering support from friends and family. 10 self-injure are fewer and pass by easily

HOW TO SUPPORT

Continue to offer recognition for your child's accomplishments and acknowledge the person they have become

Provide emotional support as needed

Generally, if someone makes it 5 years without injuring, the chances that they will suffer a major relapse are slim

Created by

Piktochart
Visual content that inspires