

# 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 normal!

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.



#### 1 Meritatum

Your child lacks awareness or interest in change

#### PROCESS

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

#### SUPPORT

How to support	What to avoid
<ul style="list-style-type: none"> <li>Improve your own awareness of self-injury</li> <li>Ensure both you and your child have a solid support system (including therapy)</li> </ul>	<ul style="list-style-type: none"> <li>Don't try to convince, cajole or threaten</li> <li>Direct conversations about self-injury might not be beneficial right now</li> </ul>

#### 2 Awareness

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

#### PROGRESS

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 face and deal with negative feelings
- Reassure your child that you are there to support them
- Reassure your child of the progress they are making

#### WHAT TO AVOID

Don't disregard the work happening internally (if a lift—even if change seems slow on the outside)

#### STAGE OF CHANGE 3

### PREPARATION

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

#### NEW MESSAGE: SAIL! SUPPORT

How to support:

- As knowledge grows & shifts
- Offer support in connecting your child to resources to further growth

What to avoid:

- Avoid expressing disappointment in self-injury (no long-term support, expectations or the point, self-injury is still likely in this stage though it may begin to decrease)

#### SIGNS OF PROGRESS

- CLEAR EFFORTS TO MINIMIZE OR STOP BEHAVIOR
- GREATER COMMITMENT TO STOPPING
- WILLINGNESS TO LEARN RECOVERY SKILLS

#### REMEMBER

Self-injury recovery doesn't always happen in a straight line, your child may cycle through stages (move backward and forward again) throughout their recovery

#### STAGE OF CHANGE 4

### REBUILDING/ACTION

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

#### SIGNS OF PROGRESS

- Your child shows an understanding that stopping is not just about wanting to stop, but also about taking active steps to stop and creating a new way of being
- A 'new way of being' might include new activities or hobbies and learning positive ways of dealing with stressful thoughts and feelings

#### WHAT TO AVOID

Avoid the urge to 'fix things quickly' and instead balance it with a desire to support and encourage your child's own learning and growth through active listening & patience

#### How to support

Work to better understand your child's unique perspective on life and their own feelings

Monitor positive conversations, offering suggestions for new strategies for managing triggers and developing new habits

#### STAGE OF CHANGE 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 with healthy ways of coping with self-injury when triggered

#### REMEMBER

Self-injury can come and go, and it is not uncommon for someone to experience a relapse of the stage if this happens, all is not lost and you should encourage and support your child with getting back on track.

#### HOW TO SUPPORT

Continue to offer recognition for your child's accomplishments and acceptance of 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

#### STAGE OF CHANGE 6

### SECURE

Self-injury free for 5+ years

#### SIGNS OF SUCCESS

A wide range of healthy coping strategies and used like exercises or journaling to support. From friends and targets to self-injury are fewer and pass by quickly

#### HOW TO SUPPORT

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

Provide emotional support as needed