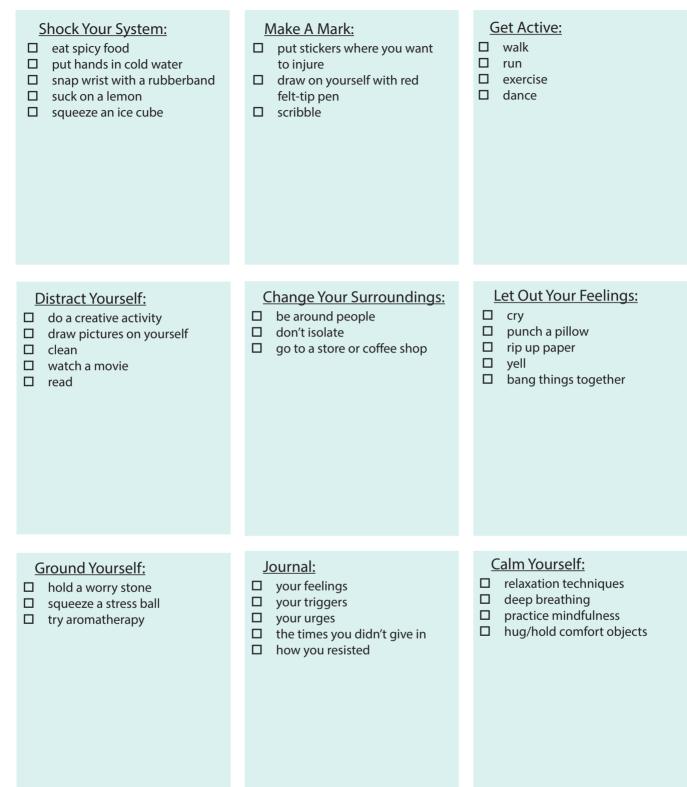
Surfing The Wave

The emotions and urges that lead to self-harm often feel like a wave that increases in intensity before it decreases and disappears altogether. Empower yourself by identifying coping strategies that replace self-harming behaviors. As you discover things that work for you, add your own.



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