

the Pain inside

the women in prison who self-injure



ISBN 0 9548939 5 6

WITH IDEAS, QUOTES AND ARTWORK FROM WOMEN IN PRISON

The Pain Inside

ISBN 0 9548939 5 6

Produced by Fiona Macaulay for Bristol Crisis Service for Women

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Design: Real Design 0117 3148 341

Who is this book for?

This book is for women in prison (or any other secure setting) who self-injure or for those who feel they want to hurt themselves. Time in prison can be very distressing and women often use self-injury as a way of coping with how they feel.

Some women have said they find it difficult when they are alone in their cell and have time to think.

The aim of this book is to use it as something to do instead of self-injury. It can be kept and used in your cell. There are lots of different things that have helped other women, either to self-injure less or not self-injure at all. It can be used in addition to self-injury work you may be doing or other support you may be receiving in the prison.

This book was put together by a group of women in prison. They were central in saying what should be included. They also talked about their experiences - some of what they said is inside.

Acknowledgements

Thank you to all the women in prison who talked to me and gave their thoughts on what should be included in this book. Special thanks must go to D, S, K and A for working over a number of weeks and sharing their experiences of prison life. Thanks also to the women whose artwork is included in the book.

Thanks must also go to the staff in different prisons who made it possible to consult directly with the women. Special thanks to Louise Clark of NACRO for being so supportive of the project and helping with all the logistics necessary for this work.

“Some women have said they find it difficult when they are alone in their cell and have time to think.”

Alone

locked up

I feel these four walls closing in
I'm looking out
Face up against the glass

Is this my life I'm wondering
It happened so fast
How do I turn this thing around?

Is this the bed I chose to make?
There's greener pastures
I'm thinking about wide open spaces far away

All I want is the wind in my hair
To face the fear but not feel scared

I see the girl I want to be
Riding bareback carefree along the shore
If only that someone was me

Jumping headfirst, headlong without a thought
To act and damn the consequence
How I wish it could be that easy

But fear surrounds me like a fence
I want to break free



How to use it?

There are different sections within this book:

- **Information about self-injury**
To learn about what other women have said about their self-injury and try and understand your own self-injury
- **Alternatives to self-injury**
This gives ideas for reducing how much you self-injure
- **Something completely different....**
Some other things to do
- **Diary section**
Space for you to write how you feel

Looking after yourself

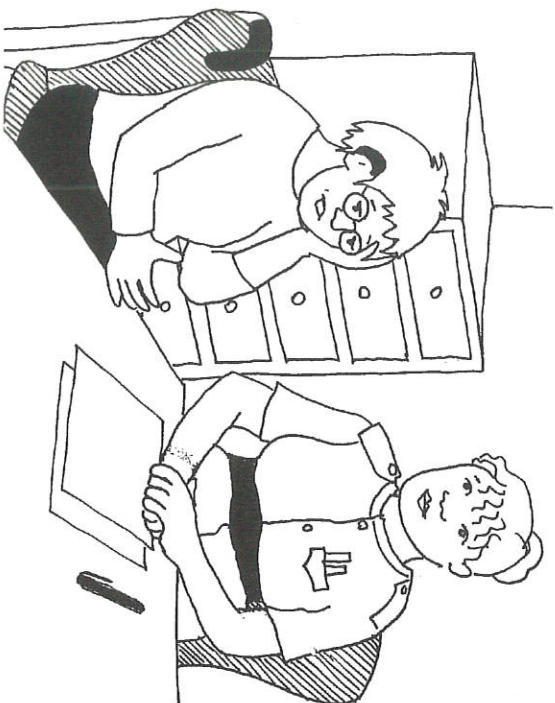
As you are going through this book, you may start thinking about things that you find difficult. Remember that you don't have to go through the book all at once. Take your time if you want to.

You might like to write the details of someone you trust who you might like to talk to if you're upset.

The person I would like to talk to is:

Who can help?

It can be very hard for a woman to stop hurting herself.



If you are a woman who hurts herself it is important to talk to someone about it.



First Night

A lot of women find their first night in prison very hard. It can sometimes make it easier to know that you are not the only one who has felt like that. This is what some women said about their first nights...

"I remember when I got remanded I was really frightened...it was Holloway as well... I thought it would be loads of fighting and loads of bullying going on, the officers giving you slaps and things. It's what you read about, bad girls. I thought my head would be flushed and everything. It is nothing like that at all."

"I was on a 24hr watch so I had someone come up to my room every twenty minutes which they needed to do, but at the same time you can't sleep, because every twenty minutes someone will open the hatch to your door and shine a torch on you. It was all very scary because you could hear doors banging and keys locking. So for the first few days I couldn't settle at all".

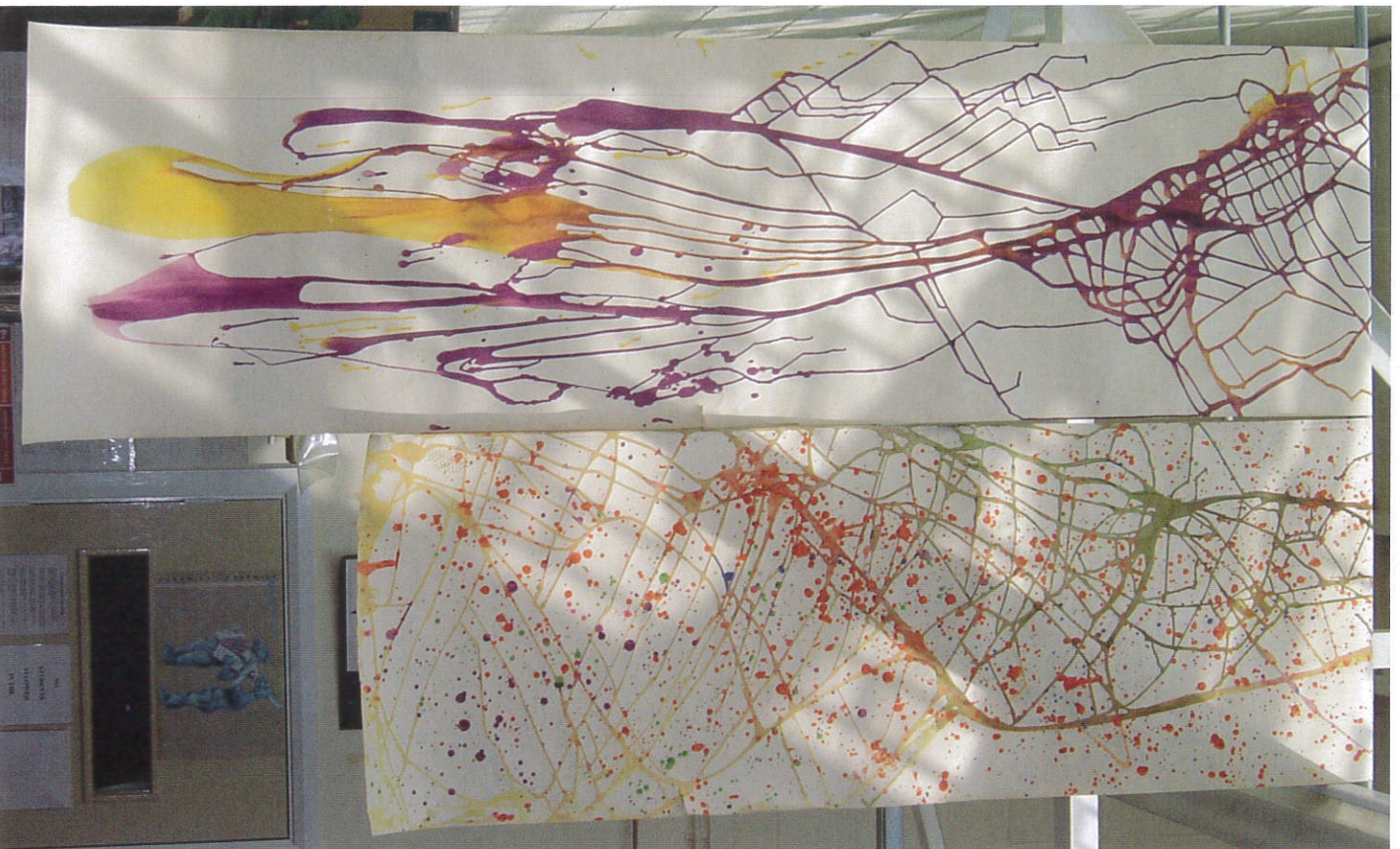
"Before I came into prison I thought it was going to be really rough. It is not until you come here that you realise that most people are normal average girls who have got themselves in trouble."

"When I first came in, she wasn't staff, she was a listener. I think that was down in reception, and she was the first person that really made me feel comfortable. She was like, it will be alright, and she was speaking nicely to me and she made me feel a little bit more comfortable."

"I remember seeing the gates as we drove up and just breaking down crying, not knowing what was going to happen".

What is self-injury?

This section is for women who want to know more about **self-injury**. There is information on what **self-injury** is and why women self-injure. It also looks at what self-injury means for you. You don't have to read the information all at once. **Take your time** over each section and see if anything like that has happened in your life.



What is Self-injury?

'Self-injury' is any sort of self-harm which involves causing injuries and pain to your own body.

A lot of women do this by cutting. They may also burn themselves, punch themselves, or hit their bodies against something. Some women pick their skin or pull out hair.

Why do women self-injure?

There are always strong reasons why a woman hurts herself. For most, it is a way of getting through great emotional pain.

Often women say that their self-injury helps them let go of strong emotions. It puts their pain 'on the outside', where it feels easier. For some it lets go of bad feelings they have about themselves. Sometimes it is a 'cry for help'; a way of showing (even to herself) that she is in pain. When women hurt themselves it may be a way of feeling 'real' and alive, or having control over something in their life.

Women may hurt themselves because of difficult times in their life. They may have been abused or badly treated or have never been able to show how they feel. Some women come from homes where people might have hurt other people in the family.

What can help?

Self-injury can seem a difficult problem to overcome. It is possible for a woman to stop hurting herself, if she can understand and sort out the problems behind what she does.

How women's experiences can lead to self-injury

For women that have had difficult times in their lives, self-injury may have been used to deal with strong feelings. Self-injury may now be a way that she copes with other things in her life.

When women want to hurt themselves

Some women hurt themselves because they may have been reminded of something that happened in the past and how it made them feel. The thing that reminds them might be quite a small thing, such as a smell or the position of the bed in their cell. Sometimes it is something to do with being in prison, such as being locked up or feeling controlled. The feeling is part of something that happened in quite a different situation in the past, but women may use self-injury as a way of dealing with it now.

Finding out what self-injury means for you

To try and understand why you self-injure you could try ask yourself the questions below. You may need to take lots of time over this. This will help you to find out what self-injury is about for you. There are pages in this book where you can write things down.

- When did I first start hurting myself?
- What was happening in my life then?
- How did self-injury help me then?
- How does it help me now?
- How do I feel before I hurt myself?
- How do I feel after I hurt myself?
- If self-injury was a language, what would I be saying?
- What sorts of situations now make me want to hurt myself?
- Why do I think that is?

There are self-injury logs for you to write down when you hurt yourself. They are pages 22 and 27.

Support within the prison

There are different organisations that go into prisons.

Find out what support there is in your prison.

If you would like to talk to someone, most prisons have these services.

for example talk to:

A friend

Someone on the
Samaritans helpline

Mental health team

A prison officer

A nurse in healthcare

Someone in the chaplaincy

A listener

CARATS team

LISTENERS WITH SAMARITANS

LISTENERS...

We are a self-help scheme

Run by prisoners for prisoners

Trained by Samaritans

Inmates, just like you

Volunteers – no payments

CONFIDENTIAL...

How to call – ask any officer

When to call – at any time

Not just for a chat or fag!!

Any questions....need to talk now?

LISTENERS WITH SAMARITANS

What you might find out...

You may find that you hurt yourself in situations you find difficult. Hurting yourself may be a way that you cope with the strong feelings. It might be a way that you show how you are feeling inside, even it is only to yourself. Do you find that you are only nice to yourself after you have hurt yourself?

Reducing self-injury

If you would like to hurt yourself less, below is a list of things you could try.

- Try not to hurt yourself so badly.
- Hurt yourself less often - leave more time in between each time you do it.
- Try to have parts of your body that you don't self-injure.
- Try and stop hurting yourself for a certain amount of time - perhaps a day, a week or a month, and see how it feels.

You might find that sometimes it is quite easy to hurt yourself less, but at other times it is very hard. If it is difficult, don't despair. It's not a race. Every time you take just a tiny bit of control over your self-injury is really good. It is a sign that you are able to stop. You just need to do it in your own time.

Not all the ideas within this book will work for you. That's OK. Different things work for different people. Try and find which methods work for you.

Alternatives to self-injury?

This sections looks at other things you can do **instead of self-injuring**. There is information about what other women have said has helped them. **Even in your cell** there are a number of **different things** you can do. Go through each one and see if any **work for you**.



Ways of understanding and showing how you feel

This can be done safely in lots of ways. Different women feel comfortable with different ways of showing how they feel. Try and choose ways which feel safe and right for you.

Writing

Some women find writing very helpful. If you are not sure what you feel, you could try just taking a big piece of paper and writing down any words that come into your mind. It doesn't have to make sense, and no-one else has to see it. Just let the words out. You don't have to do it all at once. You can keep coming back to it.

You can also write your feelings in a diary or poetry. (There is a diary section at the back of this book). If you are hurt or angry you can write letters to the people who made you feel that way. Even if it's about something that happened years ago, even if the person is dead, it can be good to put down everything you'd like to say to them. You don't have to post the letter, but later you may decide to include some of the things you've written in something you do send. (There is a letter section in this book for you to use).

Physical ways of expressing your feelings

Strong feelings of anger, fear, or sadness may need strong forms of expression. When feelings like these are kept inside they stay inside and can make you feel low, tense, anxious and like you want to hurt yourself. It is OK to cry, shout, or scream. You could stamp, or kick or punch something soft, like a cushion. Your feelings are important and need to come out. Some women have said that going to the prison gym has helped them feel a lot better as they can let go of strong emotions as they work out.

"When you are there for a bit, you are always able to find the staff that you get on with and you always do get to find that there is one member of staff that if you ask them, they will do anything for you".

Drawing and painting

Some women find they can show how they feel through drawing or artwork. You don't have to be 'good at art'. You can make pictures which simply show how you feel.

If you have bad dreams or upsetting pictures in your mind it can be very helpful to put these out onto paper. You can also draw pictures of people you are angry with and draw what you feel like doing to them, or tear up the paper afterwards.



Talking

Talking about your feelings with someone who will listen can be very helpful. Sometimes it can be hard because you are unsure what you feel, or why. It is OK to just start anywhere; it doesn't have to make sense. (There are some people you can talk in prison, look at page 14 for more details).

Things to do if you feel like hurting yourself

You might like have a list of things to do which will help if you feel like hurting yourself. Here are some ideas which other women have found helpful.

If you are feeling low and thinking about self-injuring...

Think back over the last few hours or days and try and think when you started like that and what events or feelings led to it.

If you are still thinking about self-injuring...

Have a go at some of the breathing and relaxation exercises on page 25. See if they change how you are feeling.

If you still feel like you want to self-injure, try doing some other things...

Draw a picture of the wound you want to create. Write or draw about how you are feeling. (There is space to write and draw at the back of this book).

If these aren't working, try talking to someone.

Try other ways of showing how you feel, such as punching or kicking something which won't hurt you (like a pillow), shouting, screaming or crying.

Speak to a friend, call a Listener or use the Samaritans phone.

Ideas for Coping with Flashbacks

Tell yourself you are having a flashback and this is OK.

You might like to try some of these ideas;

- Stamp your feet on the floor to remind yourself where you are now.
- Look around the room, look at the colours, and the shapes of things.
- Listen to the sounds around you: the people in the corridor, voices of other women, the prison officer's radio.
- Feel your body, your skin, your clothes, the chair or floor.

Take care of your breathing: Breathe deeply. You can also count to 5 as you breathe. When we get scared we breathe too quickly and our body panics because we're not getting enough air. This causes dizziness, shakiness and more panic. Breathing slowly and deeply will stop this.

Flashbacks are powerful experiences which may make you feel tired. After you have had one, take time to look after yourself. If you can, take some quiet time for yourself.

When you feel ready, write down all you can remember about the flashback. This will help you remember how you got through it (and can again).

Remember you are not crazy - flashbacks are normal and you are healing

Self-Injury Log

Helping to understand your self-injury might be easier if you can see when you feel like hurting yourself and what is going on at those times.

The table below can be used to write down when you think about hurting yourself. You may see some themes emerge. (If you need more room to write, copy this table onto another piece of paper).

											Self-Injury thought
											Time & Date
											Situation
											How you felt
											Outcome

Coping with Anger

Many of us find it difficult to show how angry we feel. We tell ourselves that anger is best kept hidden. This may make us want to hurt ourselves.

When you feel angry...

- Breathing deeply or do something active. These things will help to make you feel less angry.
- Screw your face up a few times and then feel your face relax.
- Use some of the breathing and relaxation exercises on page 25 & 26.



“My skin is like a map of where my heart has been and I can’t hide the marks, it’s not a negative thing”

Relaxation

Learning to relax is something that requires practice. The more you practice the easier it becomes. If you are feeling relaxed you will be able to cope with difficult situations more easily.

One of the best ways to relax is learning how to do controlled breathing. By doing this you can try and stop feelings building up. This will help you feel better and you may not need to use other methods of coping, such as self-injury.

Breathing Exercise

- Sit down in a chair.
- Sit back on the chair with your feet on the ground and hands relaxed (you might like to take your shoes off).
- Breathe in through your nose and be aware of the air going right down into your body to the count of 4.
- Hold your breath to the count of 2.
- Release the breath through your mouth slowly to the count of 6 (with practice this can be to 10).
- Repeat. Try doing this for ten minutes a day (When you feel comfortable about the breathing, think about outside noises and smells for 30 seconds and then how you feel inside your body for 30 seconds).
- This can help you feel even more relaxed.

Exercises for sitting or lying down

- Close your eyes, imagine yourself to be see-through, filled with your favourite coloured liquid. Imagine it to be as warm or cool as you like.
- Starting at the top of your head, imagine the liquid running out of your body – imagine each part that is emptied feel lighter and relaxed.
- Imagine all the liquid flowing out through the tips in your fingers and toes.

Quick relaxation exercise

- Say sharply to yourself STOP
- Breathe in, hold your breathe and slowly breathe out, relaxing your shoulders and hands.
- Pause for a moment, breathe in and then out, relaxing your jaw and forehead.
- Pause for a moment, breathe in and then out, relaxing your legs and feet.

“Don't worry about the things you cannot change,
concentrate on the things you can”

Self-Injury thought	Time & Date	Situation	How you felt	Outcome

Guided Imagery

Imagine yourself walking out of your cell and seeing a magic carpet outside. Get on the carpet and make yourself comfortable. You are going to fly away to somewhere much warmer.

You are flying above towns and villages, fields and farms. The houses and cars look unreal, like little toys. Now you are over a beach and now the sea. As you get to a warmer climate the sea gets bluer and bluer. You can feel the sun beating down on you warming you up.

Ahead you see a beach with palm trees, white sands and clear blue sea. There are beautiful exotic flowers everywhere – they smell wonderful and are clear bright colours.

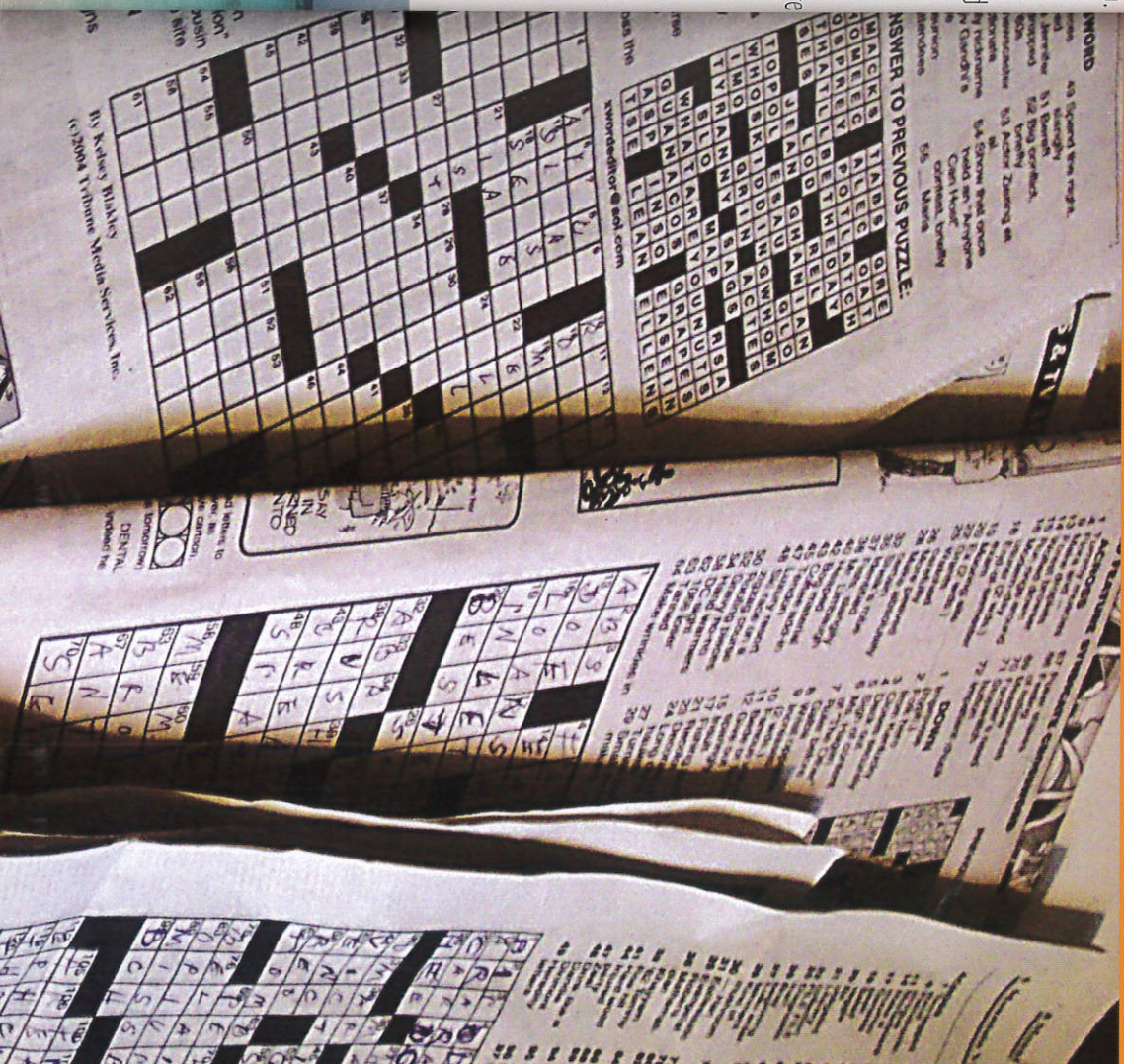
You land and take a stroll on the beach and feel the warmth of the sand on the soles of your feet. Dip your toes in the sea, it feels warm but refreshing.

When you are ready to come back, walk slowly back to your magic carpet. You are flying over the sea, then over land, you land back where you started from and walk back into the room. Open your eyes and slowly come back to the room when you feel ready.

“The sound of the radio used to get me when I was first in prison. You can hear them going off. I used to put a pillow over my head to try and get to sleep and you could forget where you were, until you hear that noise”.

Puzzles and art

For something **completely different**... Here are a few different puzzles and word/number searches for you to do. There are also some art exercises you can do. Enjoy!



Feelings

Can you find the hidden words?

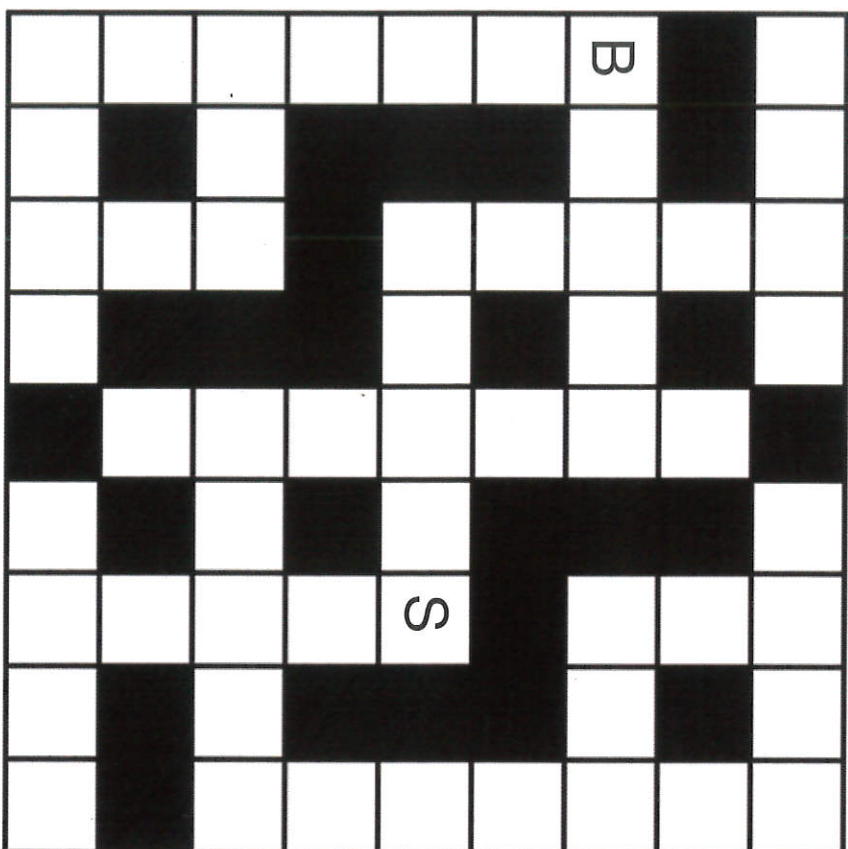
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D	D	N	S	O	R	R	O	W	M	H	I	O	H	U	D	E	E	E
E	E	G	G	A	R	E	I	O	E	V	N	I	T	Y	I	L	S	L
S	S	S	O	R	D	I	X	E	S	T	E	R	A	R	S	I	I	A
P	P	T	V	A	Y	N	R	A	E	U	A	U	R	U	Q	G	R	T
A	E	B	L	G	V	F	E	N	S	G	O	F	W	F	U	H	E	E
I	R	G	O	I	U	G	T	S	E	P	H	I	Z	V	I	T	Y	D
R	A	V	L	L	A	E	L	D	S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

AGGRAVATED, ANGRY, ANGST, ANNOYED, ANXIOUS, CHEERFUL, CONCERNED, CONTENTED, DELIGHTED, DESIRE, DESPAIR, DESPERATE, DISAPPOINTED, DISQUIET, ELATED, EXASPERATED, EXCITED, EXHILARATED, FEARFUL, FRIGHTENED, FILLED, FURIOUS, FURY, GLAD, HAPPY, HATE, INFURIATED, IRATE, IRRITATED, JOYFUL, LOVE, OUTRAGED, PANIC, PASSIONATE, PLEASURE, PROUD, RAGE, REGRET, SADNESS, SATISFIED, SORROW, UNEASY, WORRY, WRATH.



Word fit

Can you fit all the words correctly into the grid?
Two letters have already been entered.



3 letter words

BUS
NAP
PAL
WEB

4 letter words

CLAW
SALT
SWIM
WOOD

5 letter words

BREAK
NOISE
NOTES
OCEAN
SKILL

7 letter words

BANANAS
MISTAKE
SKATING



A deed of love in the Prison Setting

(A true story told by a Prison Art teacher)

One afternoon I asked the women what they wanted to do and they chose a drawing exercise. The task I gave them was to do a drawing from a quote.

I wrote the words on the board. Soon each woman was drawing nature; sun and moon and stars, hills and sky, trees and birds, running water and flowers. One woman put a mother and child and horse and foal in her picture. Another drew a landscape in which she placed a large heart at the centre. In the heart were a man and woman neatly crossed out in black.

The women explained that nature never lets you down, but human relationships often do and are very changeable. The woman who drew the heart said it was very difficult to draw love when you are have never experienced it. She binned her work and went to the other side of the room. The other women continued drawing. Two women joined their pictures together.

I spoke with the woman. I shared with her other aspects of love in action, not personal, but very loving actions from one to another. When we returned to the rest of the group, the girl who would have paired up with her had memorised her heart and the people in it and put them in her garden. The heart as you can see is broken.

I walked the two 'unpaired' women to the door and said,

"And love is *** putting your heart in her garden"

"Mmm" smiled the other woman.

Sometimes sharing one's desperation, loneliness or pain can attract the loving kindness of people around you and this speaks much louder than words.

Good for you

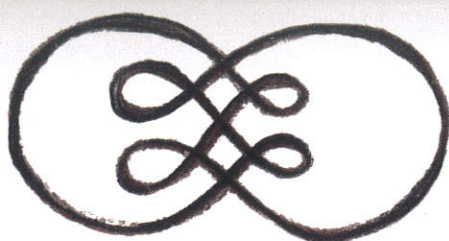
Can you find the hidden words?

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

APPLE, APRICOT, ARTICHOKE, ASPARAGUS, AUBERGINE, BANANA, BEAN, BEETROOT, BROCCOLI, CABBAGE, CARROT, CAULIFLOWER, CELERY, CHERRY, CUCUMBER, DATE, EGGPLANT, FIG, GRAPE, GRAPEFRUIT, LEEK, LEGUME, LEMON, LIME, MANDARIN, MELON, MUSHROOM, OKRA, OLIVE, ONION, ORANGE, PARSNIP, PEA, PEACH, PEAR, PINEAPPLE, POTATO, PRUNE, PUMPKIN, RHUBARB, SPINACH, SPROUT, SQUASH, STRAWBERRY, TARO, TOMATO, TURNIP, YAM

Art techniques

This may seem hard to copy, but if you do it slowly you will get it in the end. Keep going over and over it, you may find it relaxing.

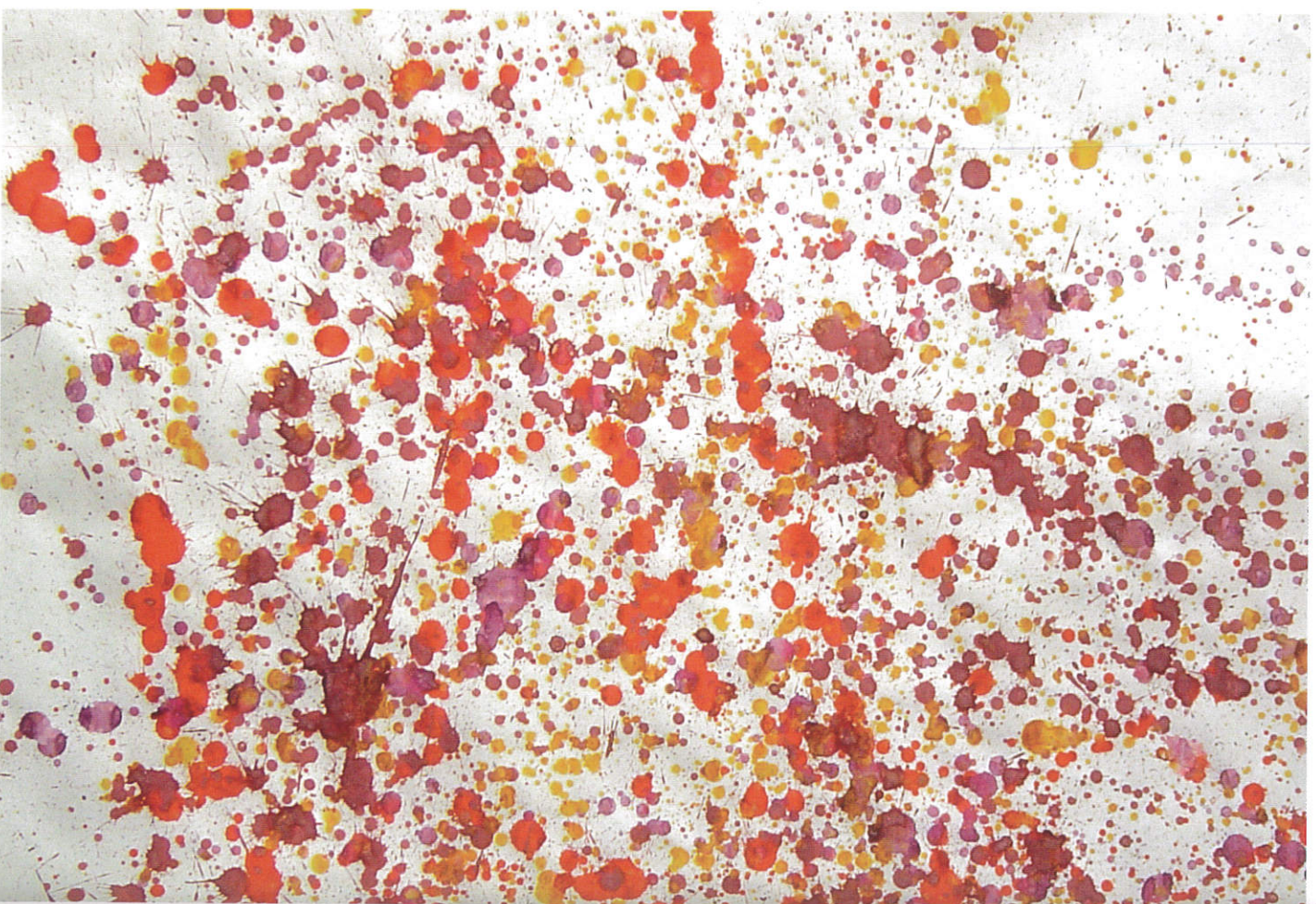


Digi-Search

Can you find the hidden numbers?

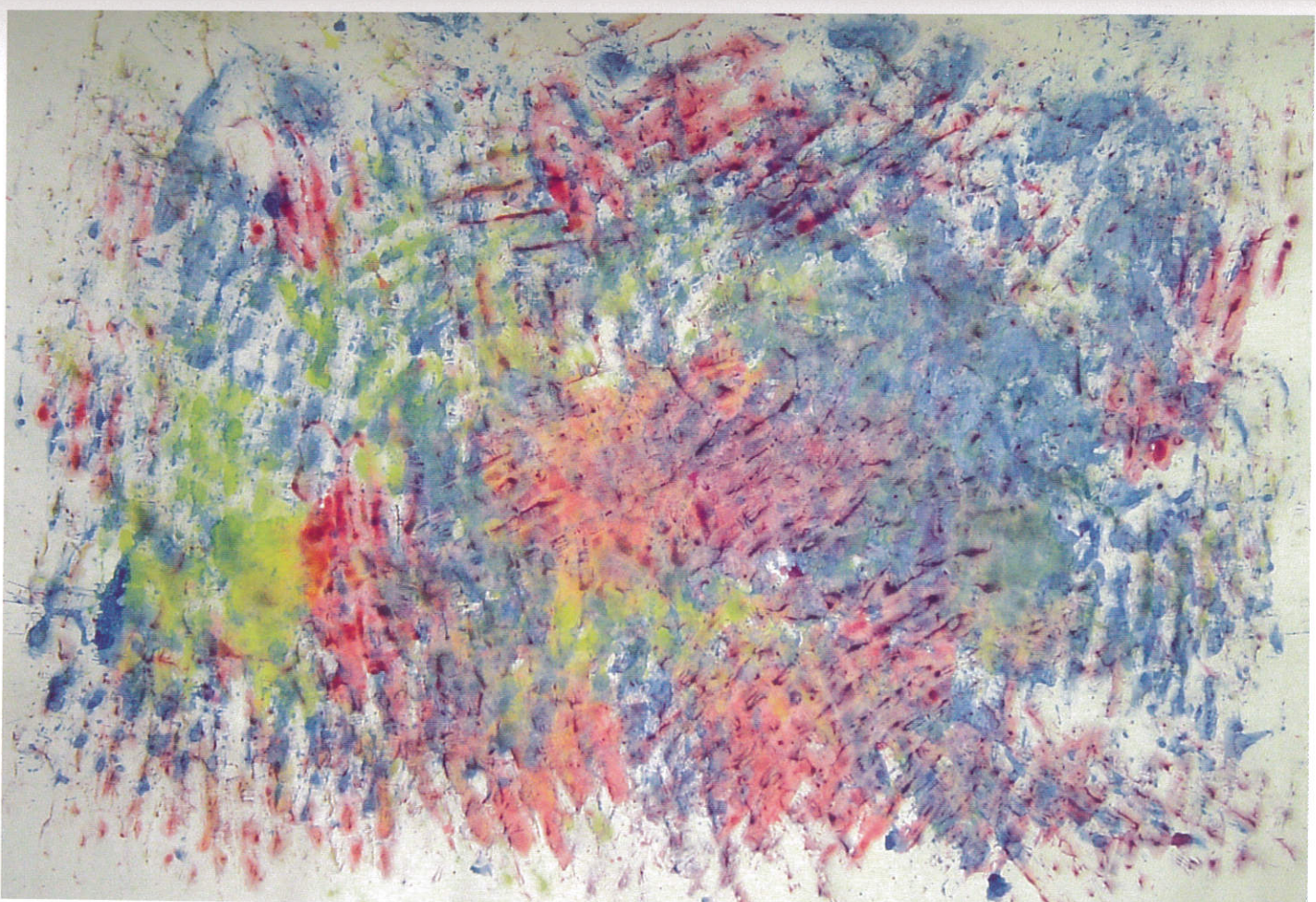
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1	9	1	8	3	7	3	6	7	3	5	6	4	4	5	4
6	7	3	8	7	3	7	4	3	7	8	3	4	7	2	2
7	8	9	1	2	1	1	0	0	0	3	8	7	4	3	3
1	2	3	4	9	8	7	3	8	4	9	3	1	0	2	2

04233, 11000, 11671, 12478, 13388, 13408, 23498, 27641, 36383, 37373, 38840, 39487, 47552, 48986, 68342, 74378, 74489, 83023, 87318, 93839



Art techniques

Try and copy the symbol below. Start in the middle, work as big as you can, especially when you are feeling low. Work gently and slowly from one side to the other over and under and back again. This is good to do before you go to sleep.



Number Search

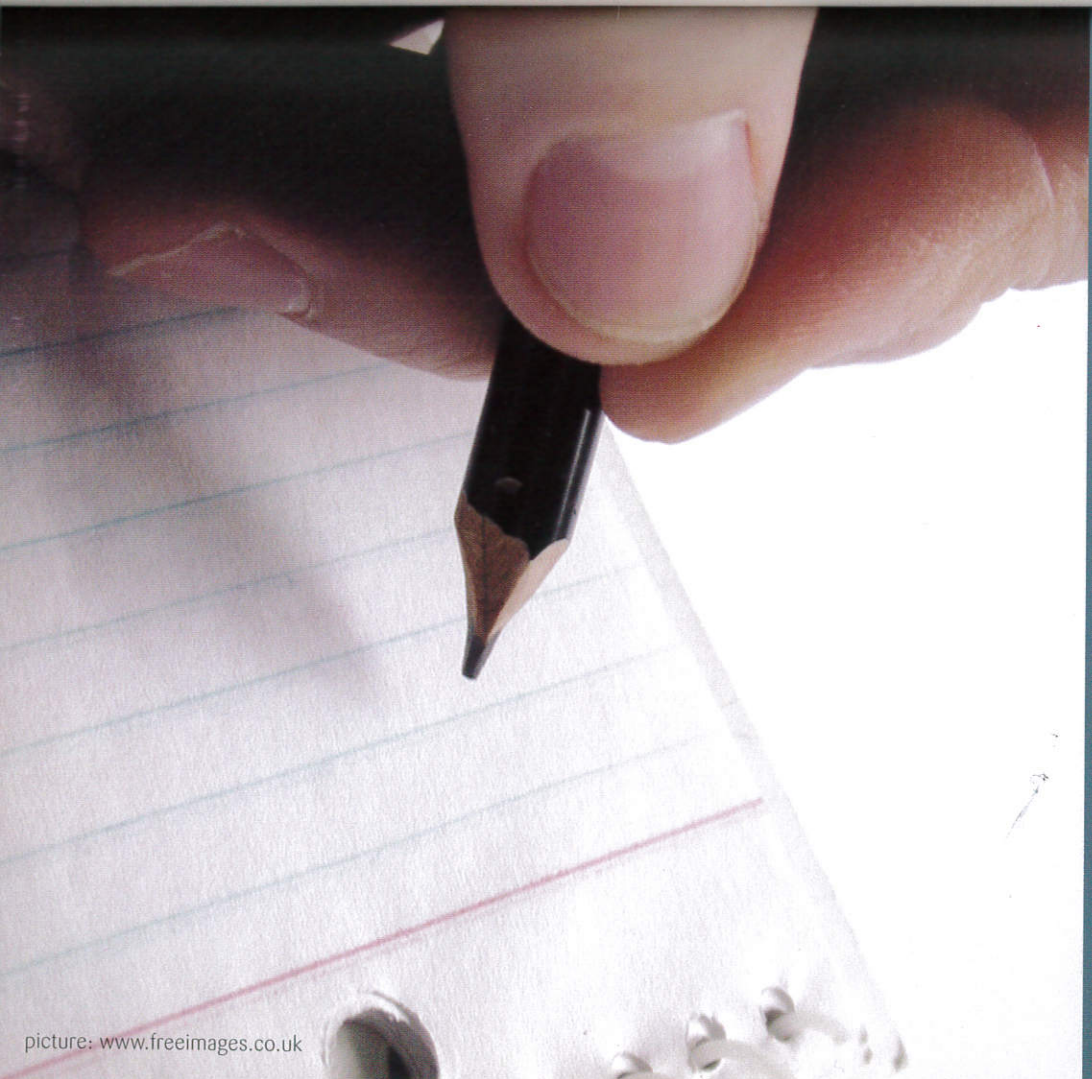
Can you find the hidden numbers?

9	8	7	5	4	8	4	9	3	9	3
8	3	8	0	0	4	0	3	3	3	2
7	3	8	2	1	0	2	9	2	8	9
2	7	3	8	3	9	3	9	2	8	3
6	4	8	3	9	2	8	3	7	7	3
8	7	3	6	3	7	3	7	7	3	3
3	6	4	6	4	7	3	8	2	4	5
6	3	7	2	7	2	2	6	2	7	2
9	9	4	7	4	8	3	8	2	2	8
7	3	3	9	3	9	3	8	4	0	2
8	6	3	7	2	8	1	8	8	1	5

00403, 18815, 22248, 22248, 22627, 28366, 33747, 37733, 39937,
48493, 48493, 72898, 93335, 94748

Letters and diary writing

Some women find writing very helpful to **express how they are feeling**. In this section there is space for you to write letters to people (you don't have to send them). If you want to, there is a **diary section** for you to write in.



Letter Writing

Some women have said that they like to write letters to express how they feel. If you are hurt or angry you can write letters to the person involved. Even if it is something that happened years ago, even if the person isn't alive anymore, it can be good to put down everything you'd like them to say to them. You don't have to post the letter, but later you may decide to include some of the things you've written in something you do send.

Address to go here

Today's date

Dear xxxxxxxx

Some women have said that they like to write letters to express how they feel. If you are hurt or angry you can write letters to the person involved. Even if it is something that happened years ago, even if the person isn't alive anymore, it can be good to put down everything you'd like them to say to them. You don't have to post the letter, but later you may decide to include some of the things you've written in something you do send.

yours xxxxxxxx

'I've written so many angry letters to my father, drawn pictures of him, written pages about what happened and all the things I have felt and thought. Recently I destroyed them; it was great; I felt so free' (BCSW 1994)

Diary Writing

"It does help to write things I think when you are feeling really low. When I first came into prison, I kept a diary and I wrote in it every day. But now, I hardly write in it at all, but at the moment I don't feel overly down. You can see when I start writing in it again is when I am having a few bad days"

Date today

Date today:.....

Date today:.....

Date today:.....

Date today:.....

Date today:.....

Date today:.....

Date today:.....

Date today:.....

Date today:.....

Date today:.....

Date today:.....

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Date today:.....

Date today:.....

Date today:.....

Date today:

Date today:

Date today:

Date today:

Date today.....

Date today.....

What do you think....

We would really like to know what you think of this book.
Complete the sentences below, tear this page out and send it to us in an envelope to the address below. It is freepost so there is no need for a stamp.

What I like about the book is _____

What I don't like about the book is _____

The book would be better if _____

Thank you!

Bristol Crisis Service for Women
FREEMPOST NAT7520
Box 654
BRISTOL
BS99 1FA

How this booklet came about

This resource was produced by the *Bristol Crisis Service for Women* and has been published for women in prison who self-injure. This is the final output of a three year project funded by the Department of Health aimed at developing information for different groups of women who self-injure. The first year produced 'The Rainbow Journal', a self-help tool for young people who self-injure. The second year produced booklets published in Bengali, Chinese, English, Punjabi and Urdu to raise awareness of self-injury for women from black and minority ethnic groups.



Bristol Crisis Service for Women is a voluntary organisation and charity, set up in 1986 to respond to the needs of women in emotional distress. We have a particular focus on self-injury.

We provide a national helpline for women in distress, on 0117 925 1119
Friday and Saturday evenings from 9pm - 12.30am
Sunday evenings from 6pm - 9pm

We offer any woman who rings a chance to talk through her feelings in confidence, without fear of being judged or dismissed. Over half of our calls relate to self-injury. We also support self-help groups, and provide training and publications on self-injury.