Components of the self-relevant task

 Verbal and written instructions INSTRUCTIONS Baseline VAS measures (disgust) • "Good person / bad person" list recorded by interviewer Narrative writing (3 minutes) **PERSON TASK** • VAS measures (disgust and self-harm urge change) • Informal conversation (5 minutes) **WASHOUT** Baseline VAS measures (disgust) • "Like / don't like about body" list recorded by interviewer • Narrative writing (3 minutes)

VAS measures (disgust and self-harm urge change)

BODY TASK