

Helpful Resources Self Injury

It has been reported that many people who self-injure have a history of sexual or physical abuse, but that is not always the case. Some may come from broken homes, alcoholic homes, have emotionally absent parents, etc. There are many factors that could cause someone to self-injure as a way to cope.

There are three types of self-injury. The rarest and most extreme form is Major self-mutilation. This form usually results in permanent disfigurement, i.e. castration or limb amputation. Another form is Stereotypic self-mutilation which usually consists of head banging, eyeball pressing and biting. The third and most common form is Superficial self-mutilation which usually involves cutting, burning, hair-pulling, bone breaking, hitting, interference with wound healing and basically any method used to harm oneself.

Most people who self-injure tend to be perfectionists, are unable to handle intense feelings, are unable to express their emotions verbally, have dislike for themselves and their bodies, and can experience severe mood swings. They may turn to self-injury as a way to express their feelings and emotions, or as a way to punish themselves

You may be wondering why someone would intentionally harm themselves. Self-injury can help someone relieve intense feelings such as anger, sadness, loneliness, shame, guilt and emotional pain. Many people who cut themselves, do this in an attempt to try and release all the emotions they are feeling internally. Others may feel so numb, that seeing their own blood when they cut themselves, helps them to feel alive because they usually feel so dead inside. Some people find that dealing with physical pain is easier than dealing with emotional pain. Self-injury is also used as a way to punish oneself. If they were abused, they may feel ashamed, guilty and blame themselves for the abuse, which in turn causes them to feel the need to punish themselves by inflicting pain to their bodies. Some people have such hatred for themselves and their bodies that they will carve demeaning names on their bodies as a way to remind themselves of how terrible they are. Whatever form of self-injury is used, the person is usually left with a peaceful and calm feeling afterwards. Since those feelings are only temporary, the person will probably continue to self-injure until they deal with the underlying issues and finds healthier ways to cope.

Many people who self-injure keep it a secret because they feel like they are crazy, insane and evil. They fear if they tell anyone, they might be locked away forever. The truth is, people who intentionally harm themselves are in fact very normal and sane people, who are in a lot of emotional pain. They self-injure as a way to cope, because they were probably never taught how to deal with intense feelings and emotions in healthy ways. Unfortunately, when people hear about this form of self-harm, they do tend to place labels on these people as being psychotic and

crazy, which is why so many people do not come forward and ask for help. Until society dispels all the myths surrounding self-injury and start to educate themselves on this subject, sufferers will continue to keep quiet and this form of abuse will continue to be a secret for along time to come.