

Questions About Self Harm

What led you to do it? Why?

- It kept me from doing something worse.
- It was a control thing. I had little control over things in my life, but I could control that. It would get me through the day.
- I had a lot of self hatred and I felt like I deserved it. I felt like I should have been punished for being different/for people making fun of me.
- I saw friends doing it and I wanted to feel included.
- It felt like my only outlet.
- It was easier for me to feel physical pain than mental pain.
- I wanted to feel something different
- I wanted to feel anything at all, depression made me feel numb
- I wanted to punish myself

What did it do for you? How do you feel afterward?

- It got me through my day.
- A sense of relief, like I got something out in a way.
- Guilt
- It was a distraction from the outside pain (bullying).
- It takes attention off of why you're sad because your focused on harming.
- It makes you feel the pain you feel inside which helps you cope.
- It was a distraction from my emotional pain
- I felt relieved
- It made me feel shameful and embarrassed
- It got me the help I needed

What was helpful?

- Thinking of myself when I was child and how I wouldn't want to do that to that child
- Separate self from situation
- Exercise
- Changing the way I viewed myself (I could celebrate my body rather than punish my body)
- Finding little things I liked about myself
- Hanging out with friends.
- Going out, doing stuff, being around people
- My mom coming to therapy with me.
- Therapy
- Support groups
- Understanding of depression
- Learning healthier ways of coping
- Being understood by others rather than be judged.

What was not helpful?

- Telling people I know because then I would have to hide it
- Drawing on my wrist
- Yelling at me and meeting me with anger/adding to the punishment. It made it feel like something really was wrong with me.
- Being on my phone/social media
- Being pressured to talk about it
- Telling me I'm overreacting
- Telling me I am just doing it for attention
- Telling me that I have nothing to be upset over, so I should not be reacting this way
- Ignoring it
- Acting like it's a crisis, makes me more anxious
- When my parents told me that they couldn't trust me alone

What did you want from your supports?

- Be more understanding
- Know it is a kind of an addiction
- Don't make me feel guilty. I feel guilty enough.
- Giving love and support.
- Showing compassion made me want to stop more.
- Be more hands on like introducing positive activities (take the dog for a walk, I'm going to take you and your friend and we are going to go here)
- Validation "I see you must really be hurting. What do you need?"
- Say something like "I see your upset, I would appreciate if you told me when you're ready".
- Give me some space/let me have my sad moment
- Don't make me feel like what I'm saying is insignificant because it is significant to me.
- I wanted my supports to understand what I was going through, or at least try to understand, rather than judging me
- I wanted to feel like it was safe for me to tell someone that I was having urges to self harm. This was helpful so it didn't feel like I had to hide it
- It helped when others were a part of my safety plan, so they knew what to do