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FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)

Lahore- Pakistan



Campus Counseling Center

Self-Harm

“It is stated that self-harm is a sign of distress not madness, so you are beautiful & worth more than harming yourself.”

–Cory Anderson

Self-harm is a form of self-injury behavior which is intentional and repeated harm of body tissue. In most of the cases self-harm begins due to stress, anxiety and trauma. It is mostly a way to cope with psychological pain in the absence of healthy copy skills. People who self-harm normally have a harsh time processing or expressing emotions.

Self-harm is a way to relieve from deep emotional pain, stress & anxiety. It is a way to run away from the numbness of suppressed feelings. The relief which comes from self-harm is only short term and can rapidly be replaced with guilt and shame.

What contributes to Self-Harm?

People who do self-harm may be provoked by several things such as high stressed situation, anger and traumatic events that triggers a person to commit an act of self-harming. Self-injurious behavior is not the same as suicidal attempt. A person usually harm himself/herself to express pain.

- Severe Anxiety
- Negative thought pattern
- Self-criticism
- Lack of confidence
- Low Self Esteem
- Sadness, Emptiness & anger
- Lack of self-assurance
- Past bad experiences
- Having guilt on their faults
- Lack of self-control.
- Relationship conflicts.
- Inability to express their feelings

How do you know about Self-Harm Behavior?

Here are some most common forms of self harm behavior may include

<ul style="list-style-type: none"> • Burning • Scratching • Banging & Hitting • Sticking objects into the skin • Skin Picking 	<ul style="list-style-type: none"> • Swallowing objects • Skin cutting • Nail biting • Inferring with healing • Hair pulling
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- **Manage Self harm behavior** the person suffering from self-harm needs to understand that the behavior is not healthy. It becomes a pattern of behavior, and in order to stop self-harming the cycle needs to be broken.
- **Recognize your Triggers** Try to keep a diary of when you self-harm. Note down what you were doing and thinking before you self-harm to analyze the self-harm behavior patterns. Recognize that which factors triggers you and how you feel before you self-harm can helps you to understand the urge of self-harm behavior.
- **Deal with your feelings** acknowledge that your feelings are important for you and for your loved ones.
- **Learn about the problem** the best way to overcome the problem is to learning about the problem
- **Distract Your Self** Distract yourself when you feel the urge to self-harm can help you change your behavior. Everyone is different so try different distraction techniques to see which works best for you. Here are some ideas to avoid self-harm.
- **Positive Self-Talk** reminds yourself that you are special and deserve love and respect.
- **Go out for a walk and Exercise**, take a deep breath in the fresh air will help your mind to get freshen. Exercise will calm your feelings of stress and regulate natural mood boosting chemicals.
- **Talking to someone** helps you to share your personal ideas, desires, motivation & abilities.
- **Listening music** will help you to sooth your feelings, reduce your stress & harmonize your mood.
- **Writing about your own self**, help you to improve problem solving
- **Drawing** Use your hands & imagination to think creative being creative can maximize your wellbeing and give you positive feelings.

For further information contact:

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