

Cutting and Self-Harm

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Cutting is a form of self-injury; it is the act of deliberately harming the surface of your own body. Although is not typically a suicide attempt, it is frightening to parents. Most people who self-injure are teenagers or young adults. It is difficult for many individuals to understand, but for adolescents, cutting helps them control their emotional pain, intense anger, or frustration. Very often, kids who cause harm to themselves have an eating disorder or may have a history of sexual, physical, or verbal abuse. Self-injury can also be a symptom of psychiatric issues like borderline personality disorder, anxiety disorder, bipolar disorder, or schizophrenia. However, many kids who cut are just “regular kids” going

Food for thought:

It's all for attention right?
She cuts for attention doesn't she?
She thinks about suicide everyday.
She starves herself.
She cries herself to sleep.
She's broken..
But it's all for attention right?

through struggles that cause them to be unhappy. The cutting begins as a defense against what is going on in the adolescent's life.

Forms of Self-Harm

- Cutting
- Scratching
- Burning
- Carving
- Hitting or Punching
- Piercing the skin
- Pulling out hair
- Persistent picking on wound

The injuries are most frequently on the arms, legs, and front of torso but can be anywhere on the body.

Symptoms

- Scars
- Fresh cuts, scratches, bruises
- Excessive rubbing of an area to create a burn
- Keeping sharp objects on hand
- Wearing long sleeves or pants
- Difficulties in relationships
- Behavioral and emotional instability
- Persistent questions about personal identity
- Statements of helplessness, hopelessness, or worthlessness

Self-injury can cause several different problems including:

- Worsening feelings of shame or guilt
- Infection
- Permanent scars
- Severe or fatal injury

How to Help a Friend or Loved One

You can start by consulting with your pediatrician who can evaluate your child and provide a referral to a mental health professional. It's important to handle the issue in a caring, loving manner. Try not to yell at your child or make threats.

If a friend is causing self-injury, suggest that your friend talk to his/her parents, a teacher, a school counselor, or another trustworthy adult.

Cutting is not a trend,
it's an addiction.

It's like screaming but
no one can hear.

It is an every day
battle.



Reading Suggestions:

