Why do people Self -harm ?

Self- harming is associated with low self esteem, guilt and self blame.

Feeling a sense of been in control.

Release pain from past or present emotional distress.

Inflicting pain on the body releases more endorphins, the body’s natural painkiller.

A means of communicating what many feel cannot be put into words or thoughts, often described as an inner scream.

People feel more able to cope with life again for a while

Anger is turned inwards

Trauma often causes detachment from their body or feelings, self injury lets them know they are real and feel alive.

Following trauma, people self harm to convince themselves they are not vulnerable.

Find life a struggle every day.

May be the only way of communication to receive the care and comfort the person needs.

To cope with feelings of self hatred, fear, loneliness, rage, guilt, emptiness and sadness.

To gain comfort or self punish.