



Women and Self-Harm

Self-harm has become a rampant epidemic that is affecting many people today – including our youth. The act of self-harm sometimes referred to as self-injuring or cutting is a deliberate, repetitive, impulsive harming of the body – mainly done in secret and can sometimes be hard to detect.

You may know someone that is engaging in these behaviors – perhaps you are inflicting physical harm on yourself. Although you may think it is not that big of a deal, the reality is inflicting *any* harm on yourself is a huge deal.

SELF-HARM – SELF-INJURING – CUTTING: An outward expression of pain and hurt deep within. Some of the signs and symptoms of self-harming behaviors look like this:

- Inflicting cuts with any type of sharp object, usually on an area of the body not normally exposed
- Constant scratching as a response to pressure or unexpected circumstances
- Picking at scabs and preventing the healing process from taking place
- Burning the skin regularly with erasers, fire, or small heat-conducting appliances or metals
- Punching the body – including beating the head against walls or other inanimate objects
- Biting the inside of the mouth or skin of the arms, hands, or legs
- Pulling out hair – including eyelashes and eyebrows
- Breaking bones or severely bruising the body

Breaking the Pattern:

Romans 12:2 “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect”

1 John 1:9 “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness”

John 3:16 “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Psalm 55:22 “Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved”

Romans 8:1 “There is therefore now no condemnation for those who are in Christ Jesus”