

Self Injury - The Problem

Self-injury can be defined as self-inflicted physical harm severe enough to cause tissue damage or leave visible marks that do not fade within a few hours, without suicidal intent.

The Solution

If you self-injure, chances are you find it very hard (if not impossible) to admit your problem to anyone, for fear that they might have you locked up or will reject and abandon you, which will only worsen your already-moot feelings of self-worth. It is important to know, however, that you are not alone and an estimated two million Americans struggle with self-injury. But, it doesn't have to be this way! We can be freed from the chains of self-injury, with the help of our Higher Power Jesus Christ. Through working the 8 Recovery Principles, we will learn to rely on Jesus Christ to take care of us. We will realize that self injury has served a purpose in our lives, as a coping mechanism for some underlying issues. We will become willing to face these issues and let the Lord heal us. We will learn how to express our emotions freely and unabashedly.

We will also learn and become willing to:

Ask God to lead my life; Form an Accountability TEAM: Sponsor, Accountability Partners; Weekly attend the Open Share Group at Celebrate Recovery; Commit to a daily quiet time in the Bible to find my identity as a worthwhile and loved human being; Learn about this area of recovery; Understand the root of each core issue I identify with and become willing to experience grief, forgiveness, and acceptance and honestly share those feelings with God and at least one other person; Honestly share my feelings with God and at least one other person to help me identify those areas needing cleansing

and healing; Become willing to be used by God as an instrument of healing and restoration in the lives of others.

Become willing to do the following (and other practices) to avoid self-injury:

Call a friend, therapist, accountability partner/sponsor, pastor, crisis line; do NOT be alone; go for a walk; read the Psalms/write your own Psalm to God telling Him of your pain, asking for His help, and praising His unfailing love; write in a journal; avoid people, places, and things that cause temptation; take up a sport (a form of exercise can help you release tension, etc.); create something (paint, draw, or write.); go to church or another 'safe' place; do some household chores except when to do so might trigger; allow yourself to cry; take a shower.

Definition of Sobriety

Sobriety for the person struggling with SI is defined as follows: Complete abstinence from self-mutilation that results in permanent disfigurement, head banging, eyeball pressing, biting, cutting, piercing, scratching, burning, hair pulling, bone-breaking, hitting, and interference with wound healing.