

# Skills To Help You Overcome Cutting And Self Harming Behaviors Thoughts And



## The Mindfulness Workbook for Teen Self-Harm: Skills to Help You Overcome Cutting and Self-Harming Behaviors, Thoughts, and Feelings by Gina M. Biegel

★★★★☆ 4.5 out of 5

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Self-harm is a serious issue that affects millions of people worldwide. It can be a very difficult thing to overcome, but it is possible. This article will provide you with some skills that can help you overcome cutting and self-harming behaviors.

### 1. Identify Your Triggers

The first step to overcoming self-harm is to identify your triggers. These are the things that make you want to self-harm. Once you know what your triggers are, you can start to avoid them or develop coping mechanisms to deal with them.

### 2. Find Healthy Ways to Cope

When you feel the urge to self-harm, it is important to find healthy ways to cope. There are many different things that you can do to cope with difficult emotions, such as talking to a friend, writing in a journal, or listening to music. It is important to find something that works for you and that helps you to feel better.

### **3. Talk to Someone**

Talking to someone about your self-harm is an important part of recovery. It can be helpful to talk to a therapist, counselor, or other trusted adult. Talking about your self-harm can help you to process your emotions and develop coping mechanisms.

### **4. Get Support**

There are many different resources available to help you overcome self-harm. There are support groups, online forums, and hotlines. There are also many books and websites that can provide you with information and support.

### **5. Be Patient**

Recovery from self-harm takes time and effort. It is important to be patient with yourself and to not give up. There will be setbacks along the way, but it is important to keep trying. With time and effort, you can overcome self-harm and live a healthy and fulfilling life.

Self-harm is a serious issue, but it is possible to overcome. With the right skills and support, you can break free from these harmful patterns and regain control over your life. If you are struggling with self-harm, please reach out for help. There are many people who care about you and want to help you get better.

Here are some additional tips that may be helpful:

- Set realistic goals for yourself.
- Reward yourself for your progress.
- Don't be afraid to ask for help.
- Remember that you are not alone.

With time and effort, you can overcome self-harm and live a happy and healthy life.

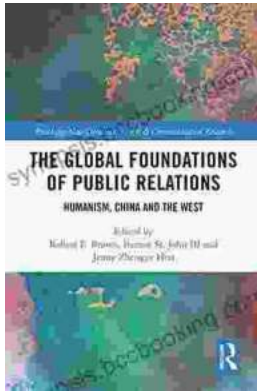


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