

# Biblical Help for those who Self-Harm

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## Introduction:<sup>1</sup>

- There are an estimated 2-3 million Americans who have this serious problem.
- The majority of those involved in self-injury are \_\_\_\_\_ between the ages of \_\_\_\_ and \_\_\_\_\_.
- Those involved in self-injury, usually, are not wanting to \_\_\_\_\_ themselves (it can be a way of reducing tension that left unchecked could cause suicidal thoughts).
- It is usually in response to \_\_\_\_\_ or \_\_\_\_\_.
- It is known in the psychological world as “\_\_\_\_\_ Self-Harm Syndrome” or “Non-Suicidal Self-Injury (NSSI).”
- Usually indicates a lack of \_\_\_\_\_ skills.
- \_\_\_\_\_ is the most common type of self-injury (others include burning themselves with cigarettes or lighters, pulling out their hair, picking at skin, hitting themselves, bone-breaking, head-banging, multiple piercing or tattooing).
- Most agree that it is triggered by \_\_\_\_\_ or \_\_\_\_\_.
- It is usually kept \_\_\_\_\_.
- Cutters often feel \_\_\_\_\_ and \_\_\_\_\_ because of their ritual.
- They are at risk for infections and permanent \_\_\_\_\_.
- They will tend to wear long pants, long-sleeved shirts, and turtlenecks even in warmer weather to cover up the \_\_\_\_\_ on their bodies.
- It is a behavior that becomes \_\_\_\_\_ and \_\_\_\_\_.

## A. Why do they injure themselves<sup>2</sup>

1. Many say that they do it because they feel “\_\_\_\_\_” and want to “feel \_\_\_\_\_.” Others talk about the “sense of \_\_\_\_\_” they get from self-injury.
2. It seems to be most common among those who have been \_\_\_\_\_ abused as children, molested as children, or by those who have survived incest.

<sup>1</sup> “I Keep Cutting Myself and I Can’t Stop!” accessed January, 30, 2020, <http://teen.health-secrets.net/self-injury.html>

<sup>2</sup> Adapted and quoted from: Edward T. Welch, *Self-Injury: When Pain Feels Good*, (Phillipsburg, NJ: 2004), 6-11.

3. It is \_\_\_\_\_ to them.
4. It is their way of \_\_\_\_\_ in a non-verbal way.
5. It is an attempt to draw a \_\_\_\_\_ from people (i.e., manipulation).
6. Statements they might make.
  - a. "I am \_\_\_\_\_. I must be punished."
  - b. "I am not \_\_\_\_\_."
  - c. "They are right; I \_\_\_\_\_ this."
  - d. "I am \_\_\_\_\_."
  - e. "I can't feel this way any longer; hurting myself is the only way to stop my \_\_\_\_\_."
  - d. "I feel out of \_\_\_\_\_ (and other people have been in control). This way I can gain control (and no one can stop me)."
  - e. "Words cannot express my \_\_\_\_\_."
  - f. "Help!"

## B. Some common factors<sup>3</sup>

1. The age of onset is between \_\_\_\_ - \_\_\_\_ years old.
2. There was a major \_\_\_\_\_ in the teen's life—parent's divorce or death.
3. There is a \_\_\_\_\_ of family violence, abuse, or sexual abuse.
4. There are intense feelings of fear, hurt, anger, rejections or \_\_\_\_\_.
5. There are feelings of \_\_\_\_\_ and/or need for \_\_\_\_\_.

## C. Triggering events<sup>4</sup>

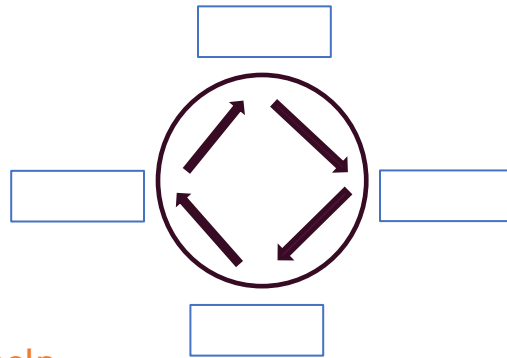
1. She is \_\_\_\_\_ by someone who is important to her.
2. She is \_\_\_\_\_ for something over which she had no \_\_\_\_\_.
3. She feels \_\_\_\_\_.
4. She has been " \_\_\_\_\_ " in some way.

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<sup>3</sup> "I Keep Cutting Myself and I Can't Stop!" accessed January, 30, 2020, <http://teen.health-secrets.net/self-injury.html>

<sup>4</sup> Ibid.

## D. The cycle of self-injury (Chart)<sup>5</sup>



## E. How to help

1. Be \_\_\_\_\_ and \_\_\_\_\_. Do not overreact.
2. Identify “\_\_\_\_\_”
3. Bring \_\_\_\_\_ into the picture  
*“Self-injury is, at its root, about God. Avoid him, and we miss true hope.” (Ed Welch)*
4. Share biblical principles dealing with:
  - a. \_\_\_\_\_ (1 John 4:17-19; 2 Tim. 1:7; 2 Cor. 5:14-15; Matt. 22:37-40; Matt. 6:21; Rom. 8:5-6; Ps 112:1, 7-8; Romans 8:15)
  - b. \_\_\_\_\_ (Numbers 20:1-11; Prov. 28:13; Eph. 4:22-24; Gen. 50:20; Rom. 8:28-29; James 1:2-4; Rom. 12:19; Rom. 12:17-21; Eph. 4; Matt. 7:1-5; Rom. 12:18; 1 Cor. 10:13)
  - c. \_\_\_\_\_ (Matthew 6:19-34; Phil. 4:6-9; 1 Peter 5:5-7)
  - d. \_\_\_\_\_ (1 John 1:9; Jeremiah 2:11-13; Proverbs 28:13; Ps. 51:4; Rom. 6:11; 1 Cor. 6:9-11; Eph. 4:22-24; 2 Cor. 7:9-10)
  - e. \_\_\_\_\_ (Matthew 18:21-35; Mark 11:25-26; Luke 17:3-10)
  - f. Responding to \_\_\_\_\_ in our lives (James 1:2-8; 1 Cor. 10:13; 1 Peter 1:3-9; 2 Cor. 4)
  - g. Handling your \_\_\_\_\_ biblically (Gen. 37-50; Psalm 55-57; 2 Samuel 11; Jer. 29:11; Luke 22:9, 54-62; 1 Cor. 10:1-13; Gal. 6:7; Prov. 28:13; 1 Tim. 1:12-17; Rom. 8:28-29; 2 Cor. 5:17; 1 Cor. 6:9-11; Eph. 1-3; 2 Cor. 1:3-4;
  - h. Understanding God’s \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ (2 Cor. 1:3-4; 1 Cor. 10:13; Rom. 15:5, 13; 1 Peter 5:10; 1 John 4:8)
5. Assign \_\_\_\_\_ that will include the counselee reading and interacting with the Psalms (e.g., Psalms 10; 55; 56; 57).

<sup>5</sup> Adapted and quoted from Edward T. Welch, *Self-Injury: When Pain Feels Good*, (Phillipsburg, NJ: 2004), 6.