

Handout for young people **Self-harm**

Points of view

You think my self-harming means I'm not coping.

I think self-harming is helping me cope.

You think I'm attention-seeking.

I wish people's attention didn't need seeking.

You think you know why I self-harm.

I think it would be nice if someone asked my opinion!

You think I should stop self-harming.

I think you should stop your smoking and fry-ups.

You think I'm manipulating you.

I think if you took notice of what I said, I wouldn't have to.

You think I'm a waste of time.

I don't feel like people have wasted much time trying.

You think if I self-harm I might kill myself.

I think if I didn't self-harm I might kill myself.

You think if you don't talk to me when I self-harm then I'll stop.

I think 'So what's new?'

You think if you stitch me without anaesthetic it might put me off self-harming.

I think there are better ways of teaching me to respect my own body.

You say you can't help me while I'm self-harming.

I think if I could stop then I wouldn't need help!

You think my self-harm is a big problem.

Often self-harm feels like the least of my problems.

You feel you have to manage my behaviour.

I wish you'd just listen to me.

Today you said you couldn't manage me.

You were out of your mind with worry.

You said you felt a failure because you didn't have all the answers.

You looked me in the eye and said 'What do you need from me?'

Now I think we can get somewhere.

Rhian