

# SELF INJURY

## 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.

## Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

\*Please be advised if anyone threatens to hurt themselves or others, their small group leader has the responsibility to report it to Celebrate Recovery Ministry Leader.



**WE MEET EVERY TUESDAY NIGHT –HENDERSON CAMPUS**

6:30pm-7:15pm Main Meeting

7:15pm-8:30pm Small Groups

8:30pm-9:00pm Hang Out Time

**Central Church- Henderson Campus**

**1001 New Beginnings Drive**

**Henderson, NV 89011**

**(702) 735-4004**

## 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 suicidal intent.

### Types of Self-Injury:

- Major self-mutilation- results in permanent disfigurement (castration/amputation)
- Stereo-typical self-mutilation – head banging, eyeball pressing, biting
- Superficial self-mutilation-cutting, piercing, scratching, burning, hair-pulling, bone-breaking, hitting, and interference with wound healing

### Most Common Characteristics of Self-Injurers:

- History of sexual, physical, or emotional abuse
- Broken/alcoholic home
- Emotionally absent/neglecting parents
- Drug/alcohol abuse
- Eating disorder
- Never learned to express emotions properly
- Perfectionist
- Unable to handle intense feelings
- Difficulty expressing emotions (especially anger)
- Mood swings
- Self-deprecating
- Low Self-worth
- Depressed
- Strong need for acceptance and approval
- Closed-off from society

### Reasons Why Some Self-Injure:

- Coping mechanism (for stress, failure, anger, sadness, loneliness, emotional pain, shame)
- Punishment of Self (for failure or wrong-doing)
- Manipulation of others
- Addiction to pain or the sight of one's own blood
- Feel "numb"/dissociation
- Dispel/appease suicidal impulses

- Provide visible evidence (to others or self) of emotional pain
- To feel control in an otherwise uncontrollable life/circumstance-boredom

## 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; 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.

### 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.