

Self Destructive Behavior



Self destructive behaviors are any behaviors that negatively impact our mind or body by the life choices we make. Most people are unaware of their self destructive habits. Usually there is some problem with handling or expressing feelings. Self harm/mutilation is a pattern of intentional self injury not death. Serious injuries occur including death accidentally. Self injury can become addictive. Self mutilation usually starts in childhood or adolescence.

Types of Self Destructive Behavior

- Avoiding responsibility
- Being overly sensitive
- Compulsive or addictive behaviors
- Cup half empty attitude
- Excessive need for recognition or approval
- Excessive self sacrifice
- Having abusive relationships
- Hiding true feelings
- Letting others run over you
- Letting others take advantage of you
- Not allowing others to help
- Not taking care of your health
- Rejecting others to avoid being rejected
- Self-pity
- Setting your self up to fail

Harmful Compulsions

- Alcohol Or Drugs Of Any Kind
- Eating
- Exercise
- Gambling
- Seeking An Adrenaline Rush
- Self Harm Or Self Mutilation
- Sex
- Shopping
- Shoplifting
- Work



Types of Self Harm

- Burning
- Cutting
- Excessive Piercing
- Excessive Tattooing
- Hair Pulling
- Picking Skin
- Punching Self Or Objects
- Scratching



Need HELP? There is HELP!

- Contact your local mental health center or counselor
- Get involved with a support group



Resources

Gamblers Anonymous (SC)

<http://gamblersanonymous.org/mtgdirSC.html>
888-846-4427

Mental Health Association of SC
(MHASC)

<http://www.mha-sc.org/index.html>
800-375-9894

National Suicide Hotline
800-SUICIDE
800-273-8255
TTY 800-799-4889

SC Department of Mental Health
<http://www.state.sc.us/dmh/>
800-763-1024 or 803-898-8581

SC Department of Drug and Alcohol
803-896-5555

