

HOW TO STOP SELF-HARMING:

- Love yourself, even just a bit. Enough to know that you don't deserve to be hurt.
- Really take in love, kindness, and compassion from others.
- Talk to someone safe about your self-harm.
- Figure out what sets off your self-harm, and what you felt before you hurt yourself.
- Get out the emotion in safe ways — art, dance, music, writing, sports.
- Distract yourself, and find alternatives to hurting yourself — even if only for 5 minutes at a time, then 5 minutes more.
- Realize that stopping self-harm is a process. Every time you've put it off a little longer, you've done well.
- Know that you do NOT deserve to be hurt. Not ever.

*Written by Cheryl Rainfield,
author of SCARS, a teen
novel about a girl who self-
harms to cope with abuse.*

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