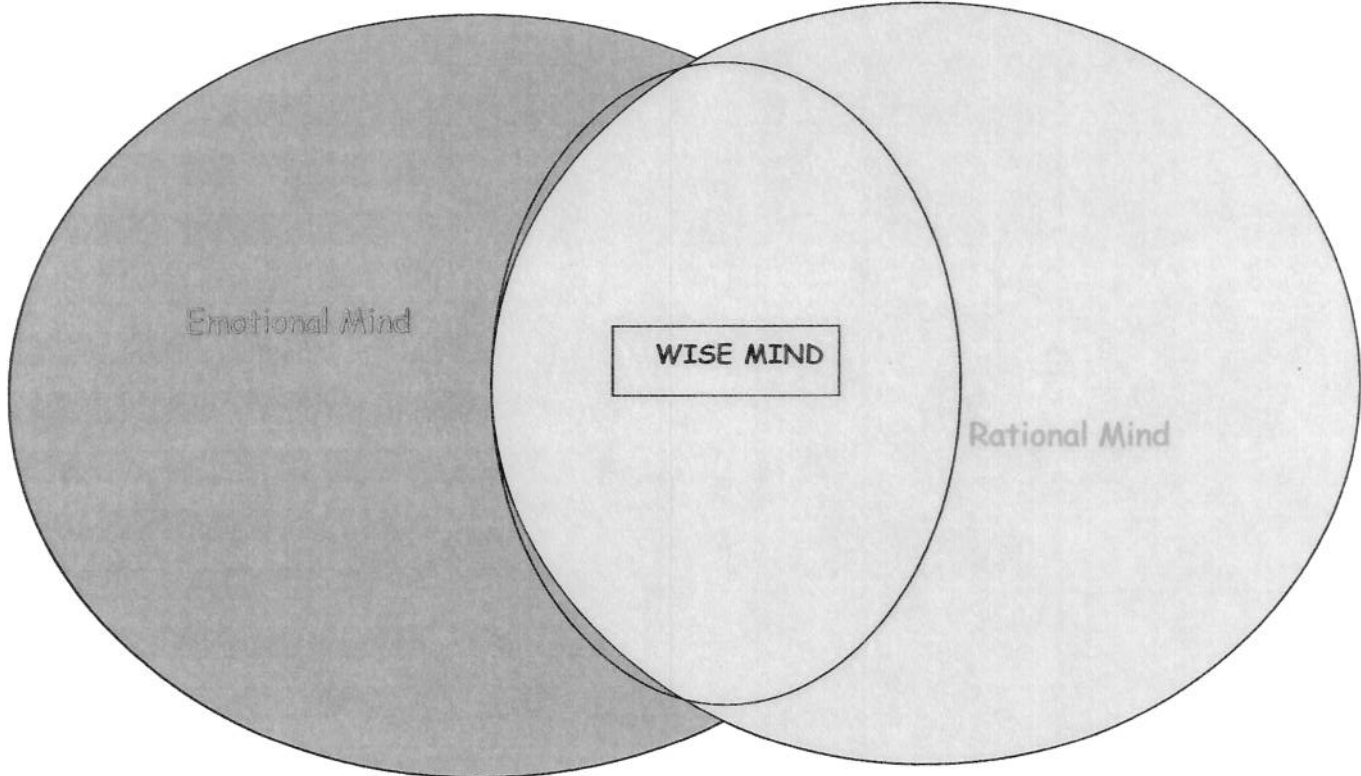


**The intersection of "Emotional Mind"
and "Rational Mind" is Wise Mind**



What are my feelings right now? And what are my thoughts?



EMOTIONAL MIND

I can't stand the pain
No one really loves me
I am a loser
I have to cut!

RATIONAL MIND

I've had 3 arguments with this friend this week
I have cut most times in the past
I want to give up cutting
My friend seems to like drama

WISE MIND

I have been upset like this before, and it did not last
I was able to handle upsetting situations before I started cutting
Maybe I will learn something about myself without cutting

17 year old female

Presenting problems: extreme moodiness with parents oppositionality

Perfectionism moodiness with friends few close friends

Jealousy of sister ambivalence about dependency needs

Cutting episode: Parents bring client in the day after she cut (with a hunting knife her father gave her) her upper arm. The wound was deep enough that her mother took her to the ER for numerous stitches. The parents discovered it after coming home from her basketball game (which she herself missed) and noticing blood on a towel, blood on the computer, blood on the cell phone. Their daughter was wearing a hoodie pulled up over her head and sitting at the computer.

20 yr old female living at home

Presenting problems: isolation from peers self-injury underemployed

Longstanding depression social phobia

History of anorexia remitted immature for her age

Self-injury history: Started self-injuring at about 14. Her usual method would be to use matches, car lighters or curling iron to burn on her arm. She occasionally punched herself or hit herself with a hammer. She had also pinched the skin on her hand with a tweezers until the wound would bleed and scar. Anorexia was remitted at the point she entered therapy, transferring from another therapist who thought she needed a fresh approach. Self-injury was occurring *independent of and dependent on* events about 3 times per week. Suicidal ideation was constant. The patient had been hospitalized once before specifically for self-injury. She also took too many of her meds (SSRI, sleep medicine, antipsychotic) on a regular basis.

21 yr old male living at home

Presenting problems: social phobia unemployed depressed

Smoking weed daily drinking daily glued to his XBOX

Self-injury problem: The patient would have thoughts of self-pity and self-hatred while under the influence. He would insert pencils and many types of objects into his rectum as far up as he could tolerate them. The behavior occurred several times per year. He would bleed from his rectum for a day after.

Below Are Reasons And Encouraging Thoughts About Self-Injury

- ❖ You don't need to injure
- ❖ Nothing bad has ever happened when you haven't injured
- ❖ You can abstain from self-injury
- ❖ You don't want anymore scars
- ❖ You don't want to be ashamed anymore because you have injured
- ❖ You can feel your feelings. Feelings are just feelings. Let the feelings happen. You don't need to mask your feelings behind self-injury
- ❖ You have control of your thoughts. They don't have power over you.
- ❖ You can't do this anymore.
- ❖ you want to learn new ways to cope.
- ❖ Injuring is making it harder to have relationships because you feel like your always hiding something.
- ❖ You don't want to feel guilty anymore for hiding your injuries.
- ❖ You may never have an opportunity to wear short-sleeves again.
- ❖ Injuring is such a stupid act.
- ❖ Injuring is making it impossible for you to move forward.
- ❖ You don't want to injure elsewhere on your body.
- ❖ You don't need to make time to injure. You have better things to do than injure.
- ❖ You can hold off injuring until the impulse passes.
- ❖ You could have pride in yourself for not injuring.
- ❖ You don't have to worry about accidentally having someone see the wounds.
- ❖ Injuring is just making you a weaker person.
- ❖ Each day you don't injure, you will have more hope.
- ❖ Injuring is not making it easier to be happy.
- ❖ Just take it one day at a time.
- ❖ Injuring does not need to control your life.
- ❖ One day you won't have to even think of self-injuring.
- ❖ You don't want people to worry, but when you injure, it makes people do the exact thing you don't want them to do, worry.
- ❖ Injuring is keeping you from doing what you want to do.
- ❖ You do deserve to be injury free.
- ❖ Why injure anymore because you don't feel it.