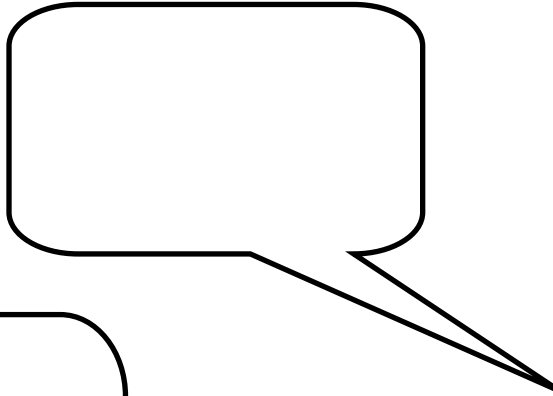


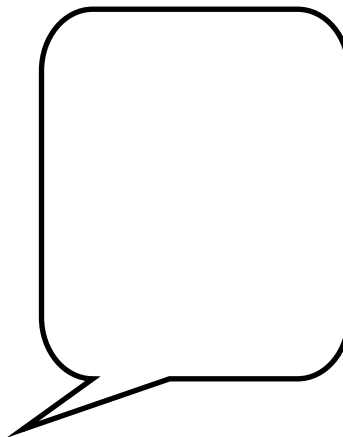
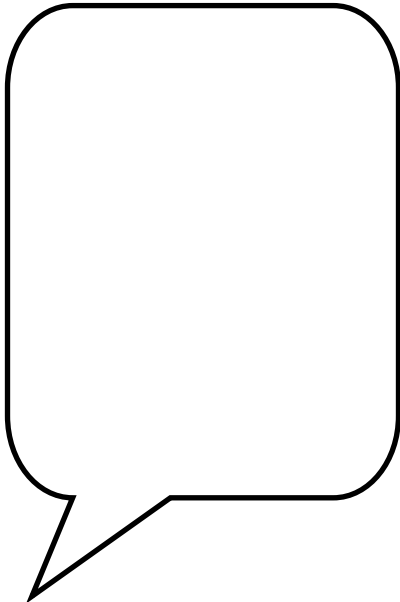
# Understanding Why You Hurt Yourself

Most people find it hard to think about why they self-injure, but understanding your behavior is an important step in changing it. Below you'll find six common things that people say about why they self-injure. See if you can put additional statements in the speech balloons below.

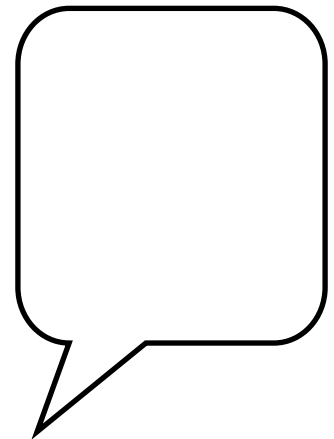
I hurt myself because I want people to know how much they hurt me.



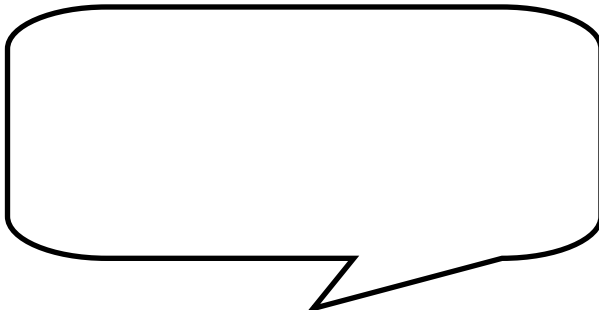
I hurt myself because it is one thing in my life that I can control and no one else can stop.



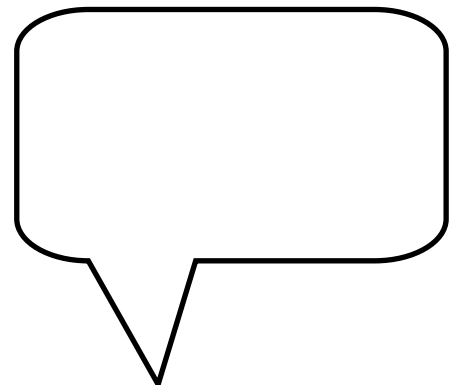
I hurt myself to upset my parents.



I hurt myself because it keeps me from thinking about bad memories.



I hurt myself because it keep me from thinking about upsetting things.



I hurt myself because it makes me feel alive.