



## **SELF-TEACH WORKBOOK UNIT 11: SELF-HARM**

### **Activity 1**

Match the following words to the right definition:

Addictive / Burning oneself / Cutting / Deliberately / Healing / Help / Punching / Scratching / Self-harm / Self-regulate / Therapy / Turmoil.

\_\_\_\_\_ : the practice of deliberately wounding oneself.

\_\_\_\_\_ : the act of one that cuts.

\_\_\_\_\_ : injury to tissue caused by contact with dry heat (fire), moist heat (steam or liquid), chemicals.

\_\_\_\_\_ : a blow with the fist

\_\_\_\_\_ : the act of rubbing the skin, esp. with the fingernails.

\_\_\_\_\_ : consciously and intentionally; on purpose.

\_\_\_\_\_ : (of a substance or activity) causing or likely to cause someone to become addicted.

\_\_\_\_\_ : treatment intended to relieve or heal a disorder.

\_\_\_\_\_ : to regulate (something) oneself without external intervention. Also without object: to regulate oneself or itself without external intervention.

\_\_\_\_\_ : a state of great disturbance, confusion, or uncertainty.

\_\_\_\_\_ : the process of making or becoming sound or healthy again.

\_\_\_\_\_ : make it easier or possible for (someone) to do something by offering one's services or resources.

### **Activity 2**

Read the text and fill in the gaps using the following:

1. Alcohol
2. Cognitive-behavioural psychotherapy
3. Distressed thinking (thought)
4. Overdose
5. Psychology



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6. Stress
7. Suicidal tendencies

Self-harm is a psychological disorder, which causes those affected to intentionally obtain physical harm as a form of punishment.

Typically, self-harming people hurt themselves by resorting to cuts or burns, taking large amounts of drugs (\_\_\_\_\_), puncturing themselves with awls or similar tools, not eating or ingesting large amounts of \_\_\_\_\_.

According to experts, self-harm is the expression of a strong emotional \_\_\_\_\_, a severe sense of guilt or a \_\_\_\_\_ that is difficult to overcome.

Contrary to popular belief, self-harm sufferers rarely want to commit suicide or have \_\_\_\_\_.

Treatment of self-harm requires the intervention of specialists in the field of psychiatry and \_\_\_\_\_.

Among the most effective therapies, \_\_\_\_\_ and family psychotherapy deserve particular mention.

### **Activity 3**

How might these statements be completed?

“ \_\_\_\_\_ is a way to have control over something in my life.”

“ \_\_\_\_\_ expresses feelings that I’m unable to put into words.”

“I feel relieved and less anxious after \_\_\_\_\_.”

Now read the following article “The Growing Wave of Teenage Self-Injury” (<https://www.nytimes.com/2008/05/06/health/06brod.html>).

Check your answers and focus your attention on the main points dealt with. Then write them on a piece of paper.



#### **Activity 4**

Using the prompts found in the article, write a short fictional/mock dialogue between yourself and a “friend” who has been cutting or having another form of self-harm.

#### **Activity 5**

True/ False Quiz

- a. People who self-harm have suicidal intentions T F
- b. People who self-harm desire to draw your attention T F
- c. If they don't get attention they'll stop self-injuring T F
- d. Adult people do not self-harm T F
- e. People who self-injure have always had a tough upbringing T F
- f. Self-harm is a synonym of mental disorder/disease T F
- g. Stopping self-injury is easy T F
- h. Young people who self-harm are trying to be cool T F
- i. People who self-harm usually need help T F
- j. Sharing the problem is a way of self-healing T F
- k. There is only one self-injuring behaviour T F
- l. In your opinion, people engage in self-harming behaviours when they experience:

1. Depression 2. Emotional distress 3. Physical or sexual abuse 4. Social isolation

5. Inability to express your emotions 6. Anxiety 7. Anger 8. Hope

9. Frustration 10. Wellness 11. Self-esteem 12. Disillusion

13. Confusion (of mind) 14. Boredom 15. Disesteem

16. Inability to achieve the beauty standards promoted by social media

17. Narcotic induced euphoria 18. Happiness 19. Melancholy



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## **ANSWERS**

### **Activity 1**

*SELF-HARM / CUTTING / BURNING ONESELF / PUNCHING / SCRATCHING / DELIBERATELY / ADDICTIVE / THERAPY / SELF-REGULATE / TURMOIL / HEALING / HELP.*

### **Activity 2**

*OVERDOSE / ALCOHOL / STRESS / DISTRESSED THINKING (THOUGHT) / SUICIDAL TENDENCIES / PSYCHOLOGY / COGNITIVE-BEHAVIOURAL PSYCHOTHERAPY.*

### **Activity 5**

*1.F / 2.F / 3.F / 4.F / 5.F / 6.T / 7.F / 8.F / 9.T / 10.T / 11.F / 12. FREE ANSWERS.*