

TRIGGERS & MYTHS

Triggers List:

1. Self-disappointment.
2. Intense emotions- that feels uncontrollable.
3. Rejection.
4. I failed you- I should be punished.
5. I let you down- I failed you and myself.
6. My emotions are too erratic.
7. I'm too much for the world and everyone around me.
8. A failure at life.
9. I'm too sensitive.
10. I feel stupid for going to this extreme (self mutilation).

Myths:

1. We are trying to kill ourselves.
2. We are attention seeking.
3. We all dress, act, and look the same.
4. We are outcasts in society.
5. We are dangerous to others.
6. We are fragile.
7. We are violent.
8. All self mutilators have experienced grave trauma