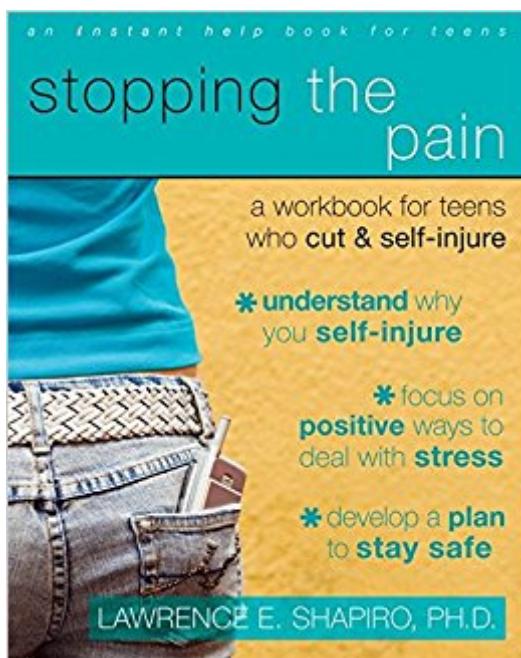


The book was found

Stopping The Pain: A Workbook For Teens Who Cut And Self Injure



Synopsis

If you're cutting or hurting yourself you're not alone. Thousands of teens across the country think that hurting themselves is the only way they can feel better, even though they continue to feel alone and out of control. There are a lot of reasons why teens hurt themselves. None of them are your fault. You can't change your past, but there is a lot you can do, right now, to make your future a place you'd like to spend some time, a place free from the pain, loneliness and isolation of cutting. This workbook offers a great way for you to make it happen. The exercises in Stopping the Pain will help you explore why you self-injure and give you lots of ideas how you can stop. The book will help you learn new skills for dealing with issues in your life, reduce your stress, and reach out to others when you need to. Work through the book, or just check out the sections that speak to you the most. This is your own personal and private road map to regaining control of your life.

Book Information

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Customer Reviews

This comprehensive workbook helps teens who self-injure explore the reasons behind their need to hurt themselves and sets forth positive ways to deal with the issues of stress and control. The activities in this workbook provide teens with safe, effective alternatives to self-injury and help them develop a plan to stay healthy.

I don't care how happy kids seem, if they wear long sleeves all the time, afraid to be seen in underwear, it's time to check for cutting. Cutting can quickly become an addiction. They may not

even feel the need to alleviate emotional pain. They just feel they need. It's absolutely no different than drugs. So try and find ways to check without looking like you're checking. Arms, stomach, thighs, legs, anywhere normally covered by clothes. Look ANYWHERE if you have to. Once it starts, it's one of the most difficult and sensitive things to get them to stop. Not to mention dangerous. But don't freak out. Try and understand why, be open, get counseling for your teen, AND YOURSELF. You may not think you need it, but you will. Trust me. It effects you in ways you never thought possible. And it's hard to understand. To be in so much pain, you would disfigure yourself to replace emotional pain with physical pain. (Trust me, I know, I used to cut clear to my mid 20's) you have to get help for your teen and yourself. You have to. Because it's not going to stop on its own. It's not a phase. This book is just the first step. The first of many. Check, see, order, make an appointment asap.

I'm a therapist and use this workbook with adolescent clients. In addition to addressing self-harm, the workbook also addresses body image and assertiveness. It's easy to understand and a very helpful tool for building concrete skills. I also find this book to work really well for DBT skills.

This book is written to where it is simple to read. It has exercises to help dig into the problems. The book also helps the parent by giving suggestions on how to develop healthy relationships with your child.

This book says it's for teens but can be very helpful for anyone who struggles with SI. I just got the book today, and I've already begun learning things and am excited to get more in-depth with it as time goes on!

Sad to say but I bought this book because I had a cutter in my classroom and was in an area with few resources. It was helpful but this was a tough experience. Always better to have family and a good professional involved.

I bought this for a young lady I knew who was dealing with this sort of thing. When I first showed her the book she laughed at me, but then she started using it and told me it's actually helping her with some things.

My niece has been reading this and she said that it is helping her. She is not done with it yet but is

using it to slowly improve towards recovery!

This is a good workbook for anyone who is struggling with issues of self-injury. It says "for teens" but I am an adult and have found it very useful.

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