Top 15 Misconceptions of Self-Injury

1. Only females self-injure
2. Self-injury is a suicide attempt or failed suicide attempt
3. Only teenagers self-injure
4. Anyone who self-injures is crazy and should be locked up
5. Self-injury is just attention seeking
6. Self-injury is untreatable
7. People who self-injure are manipulative
8. All people who self-injure have borderline personality disorder
9. People who self-injure only cut themselves
10. Anyone who self-injures is part of the “Gothic” or “Emotional” subgroup
11. People who self-injure enjoy the pain or they can’t feel it
12. There’s nothing I can do to help
13. All people who self-injure have been abused
14. Someone who self-injures can stop if they really want to
15. Someone who self-injures is a danger to others

Text from Piktochart:

- Self-injury is not a suicide attempt or a failed suicide attempt. It’s a way to cope with overwhelming emotions.
- Only teenagers self-injure.
- Anyone who self-injures is not crazy and should not be locked up.
- Self-injury is not just attention seeking.
- Self-injury is treatable.
- People who self-injure are not necessarily manipulative.
- Not all people who self-injure have borderline personality disorder.
- People who self-injure do not only cut themselves.
- Self-injury does not necessarily indicate that someone enjoys pain or cannot feel pain.
- There are things you can do to help someone who self-injures.
- Not all people who self-injure have been abused.
- Someone who self-injures may be able to stop if they want to.
- Someone who self-injures is not necessarily a danger to others.