


**Signs you are punishing yourself**

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## Signs you are punishing yourself

Why do i keep punishing myself. Why am i always punishing myself.

URL of this page: Self-injury or self-harm, is when a person does his body on purpose. The injuries may be minor, but sometimes it can be severe. They can leave permanent scars or cause serious health problems. Examples include Cut yourself (such as using a razor blade, knife or other sharp object to cut the skin) or prick Punzonarsi things (like a wall) The burning with cigarettes, matches or candles Pulling out hair Objects punch through body openings Break the bones or lividirsi This is not a mental disorder self-harm. It's a behavior - an unhealthy way to cope with strong feelings. However, some of the people who work have a mental disorder. People who are bad usually do not try to kill himself. But they are at highest risk of suicide groped if they do not get help. © Why people do evil? There are several reasons why people do evil. Often, they have problems to face and deal with their feelings. They hurt to try to make themselves heard something, when you feel empty or numb inside Lock disturbing memories show that they need help Freeing strong feelings that sopraffano them, such as anger, loneliness, despair or punish themselves feel a sense of control Who is at risk of self-rigging? There are people of all ages that are given, but it usually starts in the teen years or early adult. The self-harm is more common in people What are the signs of self-harm? Signs that someone may be hurting themselves include Have frequent cuts, bruises, scars or wear long sleeves or pants in hot weather Making excuses about injuries Having sharp objects around for no clear reason How can I help someone who autolesiona? If someone you know is self-decoration, it is important not to be tried. Let the person know that you want to help. If the person is a child or a teenager, ask to speak with a trusted adult. If he or she will not, talk to a trusted adult. If the person who is self-harming is an adult, they suggest mental health counseling. What are the treatments for auto-arming? There are medications to treat self-harming behaviors. But there are medications to treat any mental disorder that the person may have, such as anxiety and depression. Treating mental disorder can weaken the will to self-rigging. Mental health counseling or therapy can also help by teaching problem solving the person Capacity New ways to cope with strong emotions Best ability to report Ways to strengthen the self-esteem If the problem is severe, the person may need a treatment more intensive in a psychiatric hospital or a mental health day program. Trichotillomania (medical encyclopedia) Also in Spanish information on site should not be used as a substitute for professional medical care or advice. Contact a healthcare provider if you have any questions about your health. Disclosure: This page containsLink to select Partner. We will receive a commission if you choose to make a purchase after clicking on them. Consult a consultant to help you respect yourself more than you currently do. Just click here to connect with one via BetterHelp.com. Respect à € œlt is something we all feel worth deserving from other people, but we never stop wondering if we are respecting ourselves? You can't even realize it, but you could be visualized some of the many signs of contempt for the person fixing you in the mirror. Ask yourself if you can relate to one of the following: 1. You put on an act for the outside world. Those who are really inside is not who you try to portray the people you meet. Instead, a character of one's own creation is acting because it feels that it will be considered more acceptable and more loved by the company. In essence, you are ashamed of those who are really and rarely monsters unless between friends and families very close. 2. You speak wrong about yourself. You are playing forever your gifts, talents and qualities desirable because you can't lead to yourself to pride in them. Furthermore, we do not only speak badly than other people, but also as part of its inner monologue and its self-talk. You always seem to put yourself instead of building you and take you to you à € "and to others à €" believing in your illusory insufficiencies. 3. You put others in front of yourself. You are a kind and helpful soul, but you will always put the needs of other people in front of yours. This can take many forms, but everyone returns to the same basic principle à € "it doesn't take care of yourself near yourself and try to take care of others. Whether it is to give over time, energy, money or health, always gives priority to the other person, even if it is to own damage. 4. Stop for à € œfallingsà € . If something should go wrong in your life, you're fast to blame your home. You see the failure in which the others would see lessons, you were berated not to live up to expectations, and exact punishments when you should show kindness. You're so hard with yourself that even when you happen to something, put it in luck rather than persistence or ability. 5. You hide your emotions. See sadness, worry and vulnerability as weaknesses that should not be displayed in the public forum. Similarly, domestic your happiness, joy and excitement for fear of meeting you as arrogant or pride. In fact, I suppressed most of your emotions most of the time and denied the benefits of feeling things deeply and truly. 6. It is not spoken when it hurts. If someone inflicts physical or emotional pain about you, there is a good probability that he will be quiet instead of standing for you. Maybe you think you deserve it, or maybe you believe you are not strong enough to exercise any On the situation. situation. Street, allow you to be a Doormat - letting everyone walk everywhere than raising your voice in opposition. 7. Stay friends with people who don't respect you. You can't respect yourself if you continually spend time with people who show you anyone. Liars, cheaters, time disadvantage, manipulators; These are the types of people who, if he leave, will take and they will take without return. If you believe you are dishonorable by cutting all the links with these people, remember that that friendship requires respect and that this does not make them not friends. 8. Look for the approval of others. You are looking for other people for validation and approval. If regarding your actions, feelings, appearance or beliefs, you are excessively concerned about having the consent and the agreement of others. Find it difficult to make life decisions À € à,~ "both great and small - without the input of numerous friends. You want to know that your opinion is generally in line with those of others and I would actively change your mind if you don't ". 9. You feel guilty for following your heart. Lots really to let your heart guide you through life for fear that has too much risk. Instead, let your mind rational, often pessimistic check things to avoid everything What could cause pain or discomfort À € à,~ "even if these are signs of growth. 10. No attempt is made to change the status quo. Regardless of how the discontent could be, you don't get any of the steps needed to change your situation. Don't live a lot of a life so so much that imagine and create a better one for you because you're afraid of the unknown. Years pass and you bemoan the static existence that you resist, but you can not yet take you to try an alternative approach. 11. You take the responsibility of things that are out of your control. Although it does not take the responsibility of your life, you seem to take it for everything else. When a loved one fails, it's because you didn't help him enough; When the company works for an ugly year, it is the fact that it was deficient. When an evening with friends ends up in disaster, it's your fault not to organize it correctly. You are so eager to blame for the things you have no control, which leaves you out of the hook when the failure is clearly theirs. 12. The language bites to avoid conflicts. If there is something, he said he takes problem with, youÀ € d by far remain silent conflict disagreement risk. In this way, you let others take accomplishes acceptance, and do nothing to try to defend your convictions. You tend to think that your opinions do not hold quite so much weight because perhaps Arena T as well informed about a specific question. And increases the attendance king fear of pain that you can hear Have your opinions attached or ignored. 13. Travel your moral. Not only is silent than that Your point, you are even ready to act against your morality to potentially avoid other people. You will do it with a heavy heart, but neglect your real feelings and beliefs to avoid causing problems. 14. Try to confiere everyone else. Many of the above points return to a basic desire À € à,~ "that of pleasure at all in which you get in touch. You're so passionate about being liked, so it depends on the others to make you with honors, who go to Extraordinary lengths to make others happy. While making others happy is a noble search, if you do it alone in the hope that you accept, then it shows that you appreciate how others see you on how you see. 15. Look at the other envy. Don't gratefully gratitude for all the things you have in your life. Instead, look at others through the green eyes of envy and you would like to be more similar to them. You can't see all the wonderful people, experiences and emotions in your life; yes Overlooking joy and ignoring fun, believing that others have what you seem to think you are missing. 16. Judge other people. When you are not too busy being jealous, you find time to pour contempt on how certain people think or they behave. You are happily gossiping on others, questioning their choices and their lifestyle. Judges this way so you can ignore your deficiencies rather than face them. 17. You find yourself telling lies. Instead of being faithful to yourself, choose to project an image in the world and this, by its very nature, requires lies to maintain the claim. It is found to other people they reflect from the mirror of consciousness and lead to a sense of great discomfort inside. 18. Ignore your intuition. Not only do you strive to listen to your heart, voluntarily ignore the feelings of the GUT that are so effective to reveal how you really feel something or someone. You are ready to silence your intuition so you can please others, avoid conflicts and resisting change. 19. You focus on evil and overlooks good. Your attention in life is much more weighted towards the negative than it is positive. You Gallow in Self Peit When things go against you, yet the moments of happiness are fast to be transmitted in memory. You believe you so unworthy of good that you use evil to remind you of this; Continuously shaking all the negative events to punish you for you ever happy. 20. Don't you believe in yourself. You simply don't believe that you are able to be a light lighthouse in the world, so you fill yourself with doubts and repress your nature for fear of being ridiculous. You simply can't start creating your potential because you see it as less than others, somehow lacking in this way it is necessary to get up and stand out. If you are asking what you can do to stop than yourself (as it alludes the a), the answer is very simple. Just take each of 20 20 done here and reverse their à simply stop letting act in these ways and, instead , do the opposite . You have recognized many of these signs in yourself? Do you want to learn a little 'respect ? Talk to a counselor today that can accompany you through the process . Just click here to connect with one of the experienced consultants of BetterHelp.com . Related Posts :

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