

# Examples of self-harming behaviours

- Cutting or scratching skin with knives, razors or other sharp objects
- Burning oneself with flames, heated metals, wax or chemicals
- Punching or hitting oneself either with fists or objects
- Binge eating and/or purging or starving oneself
- Compulsively pulling out large amounts of hair
- Picking or interfering with the healing of wounds
- Taking excessive risks, including dangerous sexual liaisons etc.
- Abusing alcohol and/or drugs for the risk rather than enjoyment