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Cutting: Scars of Pain

David Verdu

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Self-harm can be a way of coping with problems. It may help you express feelings you can’t put into words, distract you from your life, or release emotional pain. Afterwards, you probably feel better—at least for a little while. But then the painful feelings return, and you feel the urge to hurt yourself again. If you want to stop but don’t know how, remember this: you deserve to feel better, and you can get there without hurting yourself.

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