

Cutting/Self-Harm Self-Test

Is it possible that I have Cutting/Self Harm issues?

There is not a specific test that can diagnose Self Harm. But if you are concerned that your or someone you love is engaging in self-harm, please review the information below. If after reviewing the information you are concerned please contact an iTherapyRX therapist to discuss your concerns.

Because self-injury is often kept secret, it may be difficult to identify signs and symptoms. Self-injury symptoms may include:

- Scars, such as from burns or cuts
- Fresh cuts, scratches, bruises or other wounds
- Broken bones
- Keeping sharp objects on hand
- Spending a great deal of time alone
- Relationship troubles
- Wearing long sleeves or long pants, even in hot weather
- Claiming to have frequent accidents or mishaps

Forms of self-injury

One of the most common forms of self-injury is cutting, which involves making cuts or scratches on your body with a sharp object. Forms of self-harm include:

- Severe scratching
- Cutting
- Burning
- Poisoning
- Carving words or symbols on the skin
- Breaking bones
- Hitting or punching
- Piercing the skin with sharp objects
- Head banging
- Biting
- Pulling out hair
- Interfering with wound healing

People who self-injure may use more than one method of harming themselves. Self-injury is often an impulsive act. You may become upset, or triggered, and develop an urge to hurt yourself.

Many people only self-injure a few times and then stop. However, for others, self-injury can become a repetitive behavior, occurring multiple times, rather than just once or twice. Most frequently, the arms, legs and front of the torso are the targets of self-injury because these areas can be easily reached and easily hidden under clothing. But any area of the body may be used for self-injury.

If you are hurting yourself

If you're injuring yourself, even in a minor way, or if you have thoughts of harming yourself, reach out for help. Any form of self-injury is a sign of bigger issues that need to be addressed. Self-injury poses the risk of serious injury, infection or disfigurement, or even death. Self-injury has addictive qualities, making it hard to overcome on your own. Please contact a health care professional if you are experiencing these symptoms.

Although this, or no self-test, is conclusive, if you have concerns after reviewing this information you should contact an iTherapyRX counselor or another health care professional.