## Small Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

### Accountability Team Phone Numbers

Sponsor _____

Accountability Partners

_____

_____

_____

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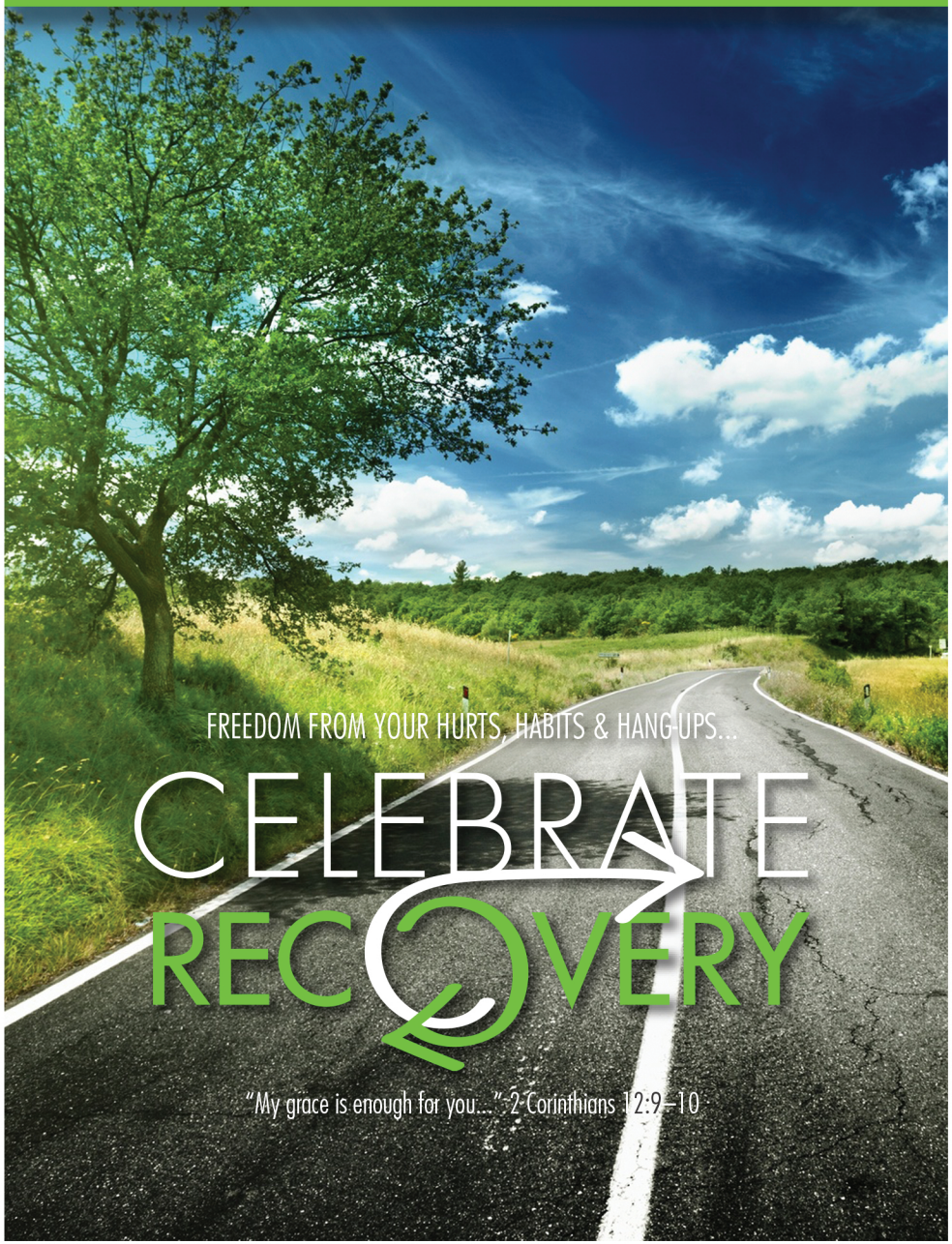
# SELF-INJURY

## THE PROBLEM & THE SOLUTION



Do you use self-harm as a way of expressing and dealing with deep distress and emotional pain? Does hurting yourself make you feel better? Do you feel like you have no choice? Is it the only way you know how to cope with feelings like sadness, depression, worthlessness, guilt, and anger?

## The Problem

- You try to keep what you're doing secret.
- You feel ashamed or think no one will understand.
- You carry around a heavy burden.
- You feel trapped.
- The secrecy and guilt affects your relationships with family and friends.
- It makes you feel more sadness, depression, worthlessness, guilt and anger.
- The relief you feel is short-term.
- Self-injury is becoming addictive.

## The Solution

Self-injury doesn't help us with the issues that make us want to hurt ourselves in the first place. There can be victory from self-injury when we find other ways to deal with the underlying issues. You are not alone in this struggle. Here are some ways we have found successful in helping overcome self-injury.

- Get involved in Celebrate Recovery. Attend meetings. Form an Accountability team and get a sponsor.
- Commit to attending weekly CR meetings.
- Spend some quiet time with God.
- Call a friend. Reach out. Don't isolate.
- Go for a walk. Get some exercise.
- Allow yourself to feel emotions. It's OK to cry.
- Release your emotions through journaling or another creative outlet.
- Be kind to yourself.
- Talk to God. Tell Him about your pain. Ask for His help.

As you begin to walk the road to recovery, you will develop insight into your self-injury. Coming to understand why you self-injure is an important step. You will find hope. People do recover. It will take some effort but it will be worth it!