



## **MY KID IS CUTTING AND I AM TERRIFIED**

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More and more adolescents today are experimenting with cutting themselves. The response of most is to be terrified. Many years ago I was a coach and one of my players was cutting their wrists. I had no understanding of why or what this meant, I was terrified and I thought they were trying to kill themselves. I felt overwhelmed and afraid to interact with her.

I now understand that the practice of cutting is used as a coping mechanism. "There's no hazy line. If I'm suicidal I want to die, I have lost all hope. When I'm self injuring, I want to relieve the emotional pain and keep on living. Suicide is a permanent exit. Self injury helps me get through the moment.' Lindsay, 15." (Hope and Healing for Kids Who Cut, p.35).

Now when I am aware someone is self-injuring, the act makes me aware of the deep emotional pain and the need to assist the person in working through their pain and to find new strategies to manage the pain. It is important to enter into the pain with this person, and to let them know we care and that their pain is not too overwhelming for us.