

# 7 Ways Self-harm Is Not Always Visible

#1

## Being Overly Critical of Yourself

Regularly saying things like “I can’t do anything right” or “Of course I messed up - I always do.”

#2

## Poor Self-esteem

When we keep telling ourselves something - that we’re not going anywhere in life or that we’re never good enough - we start to believe it.

#3

## Self-destructive behavior

Using drugs, drinking too much, or an eating disorder could all be signs of emotional self-harm.

#4

## Self-punishment

Saying things like “I ate a piece of cake for dessert, so now I have to run a mile” or “I don’t deserve to be happy,”

#5

## Social Withdrawal

Socially withdrawing from family and friends or showing signs of depression might be a sign of emotional self-harm.

#6

## Emotional Overwhelm

Mood swings, overreactions or a lack of emotion can be a sign of emotional self-harm.

#7

## People-pleasing

When someone’s become a chronic people-pleaser, often putting others’ needs ahead of their own, it can be a sign of emotional self-harm.