

Self Destructive Behaviour, Why we repeatedly fall

Posted by ColinColin - 06 Jan 2019 17:56

This article makes sense to me.

It highlights why we can use acting out as a means of coping with problems, and why we go back to it when stressed.

The article does not provide immediate answers to the problem, but is worth reading anyway.

www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201512/understanding-self-destructive-dysregulated-behaviors

This article provides some ways how to fix the self-destructive behaviour

psychcentral.com/lib/breaking-the-cycle-of-shame-and-self-destructive-behavior/

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Re: Self Destructive Behaviour, Why we repeatedly fall

Posted by Thistimeillwin - 06 Jan 2019 22:40

I agree that I act out when stressed and use it as a mean of coping with problems, but that's not how I got there in the first place. I do not fit the profile of the first article at all. I believe since a young age (under 10) I had an overcharged sex-drive, and years of being young and not serious enough to curb it lead to a state of addiction that is now very hard to shake off.

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