

Discussion Questions: Dealing with internal pain and hurt

(With an Emphasis on "Cutting")

What causes YOU internal pain and hurt?

- When internal pain and hurt seems too great to bear, how do you respond?
- What are some of the ways that others may respond different than you do?
- Do you ever respond in ways that would make you embarrassed or ashamed if others knew about it?

[If so, then maybe you can understand the way others may also feel. You can be as kind and accepting of others, as you want them to be of you.]

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If you have practiced cutting (now or in the past) ...

- How did you feel before you did it? ... immediately afterwards? ... a long time afterwards?
Did it solve the problem? For that matter, do you know what the real problem is?

[Many issues go beneath the obvious visible issues.]
- What does the Bible say about the problem and the way you should respond to it? Do you believe the Bible?
If YES, then what have you been doing to stop cutting yourself?
If NO, then why are you unwilling to accept what it says?
- What are some suggestions that could help you decrease (and eventually discontinue) your dependency on cutting?

If you have *never* practiced cutting ...

- Do you know people who do? How might you be able to help them?

[Maybe you should ask them what they think would help. This could include something you could do, or something you could stop doing (if your actions are contributing to their problem).]
- What types of things might you have done or said (whether in the past or right now) which could make a person more likely to practice cutting?
If you have done anything to hurt someone else, what must you now do about it?

[It is easy to hurt someone; difficult to undo the damage. Think before you act!]
- What can you do to help prevent a person from getting to the point that they consider cutting as an option?

[Your actions have consequences even when you don't know what they will be, or what the other person is struggling with.]