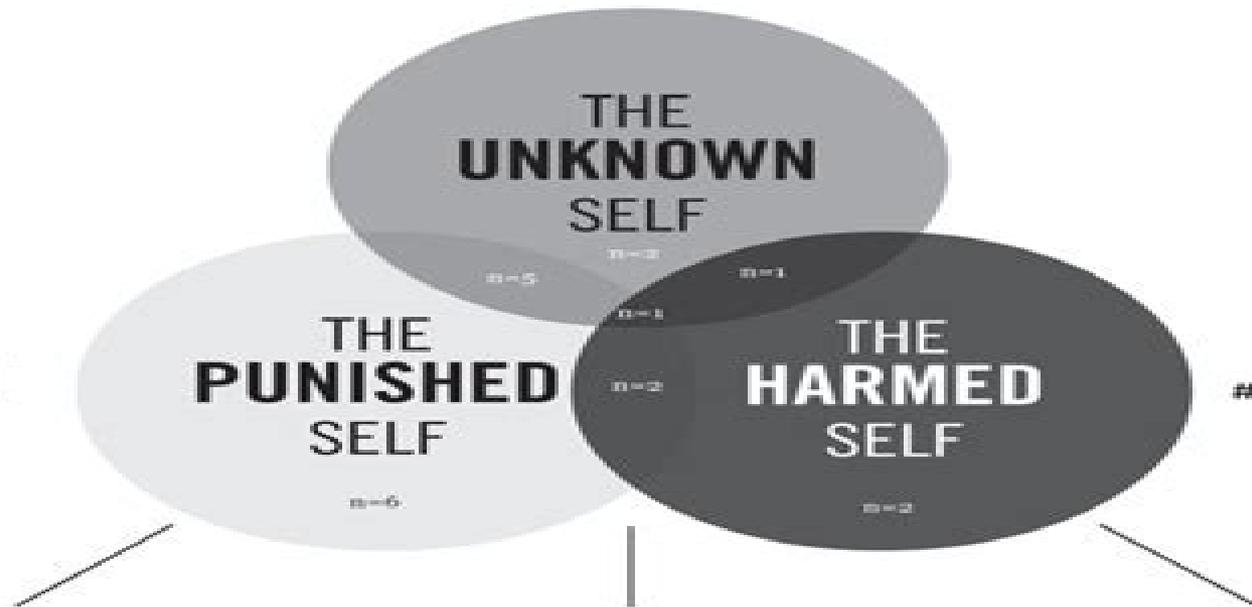


#2

#1

#3



**1: "I deserve it"**

**Experience:** Unaccepted or conflicting feelings and thoughts towards self and others – to feel guilty

**Purpose:** Self-harm to hide from conflicting and non-communicable feelings – I can't be a burden

**Self:** Excessive self-criticism – deserve pain and punishment for being a bad person

**Role of others:** Ambivalence and anger directed towards self – want to hide and want to be heard

*Conflicted*

**2: "I don't want to feel anything"**

**Experience:** Overwhelming and uncontrollable anxiety, diffuse feelings, or stressful thoughts – I can't manage.

**Purpose:** Self-harm brings an experience of balance and equilibrium – to feel control

**Self:** Stressful thoughts and feelings are alien and difficult to understand, tolerate and integrate – something is wrong

**Role of others:** Self-harm may represent being vulnerable – important to fulfill expectations

*Undeveloped*

**3: I'm harmed and no one cares"**

**Experience:** Self-harm situations are chaotic and difficult to remember – it just happens

**Purpose:** Self-harm is a distraction that makes bad feelings go away and release something good – something to rely on

**Self:** Being offended or abused and involved in risk situations – no one cares

**Role of others:** Self-harm transform inner psychic pain to a physical legitimate pain – a way to show I'm hurt

*Disturbed*

# Punished Self

**Michael Hoelscher**



**Punished Self:**

## **Punished Self** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Punished Self**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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