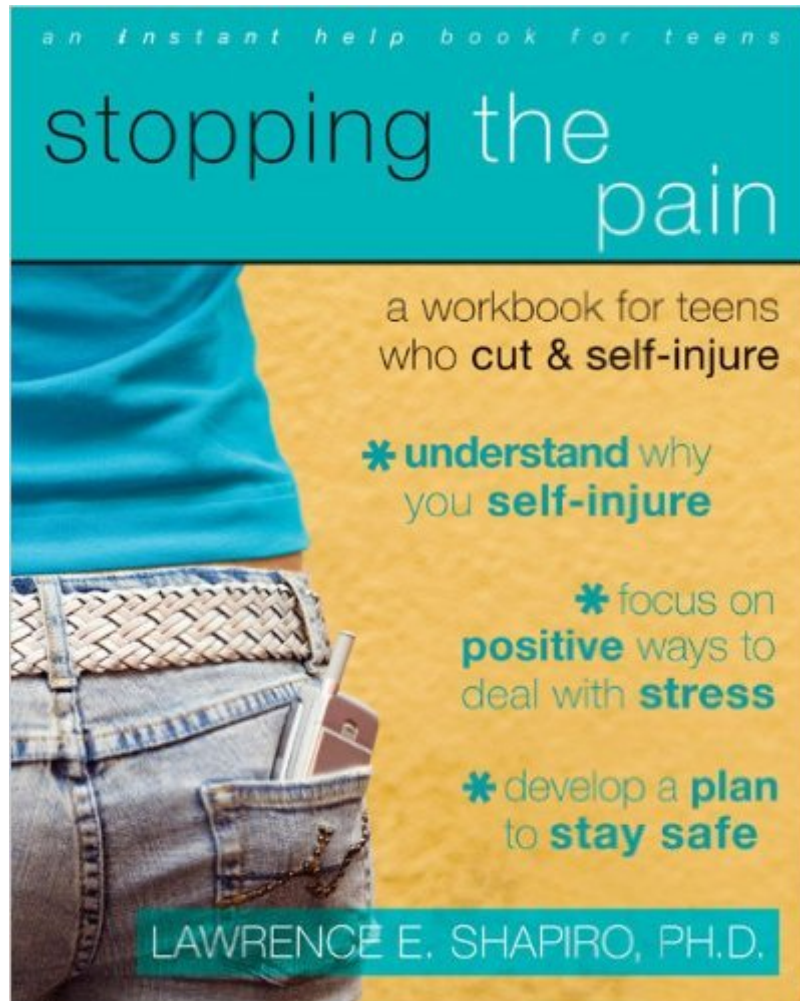


The book was found

# Stopping The Pain: A Workbook For Teens Who Cut And Self Injure



## Synopsis

If you're cutting or hurting yourself you're not alone. Thousands of teens across the country think that hurting themselves is the only way they can feel better, even though they continue to feel alone and out of control. There are a lot of reasons why teens hurt themselves. None of them are your fault. You can't change your past, but there is a lot you can do, right now, to make your future a place you'd like to spend some time, a place free from the pain, loneliness and isolation of cutting. This workbook offers a great way for you to make it happen. The exercises in Stopping the Pain will help you explore why you self-injure and give you lots of ideas how you can stop. The book will help you learn new skills for dealing with issues in your life, reduce your stress, and reach out to others when you need to. Work through the book, or just check out the sections that speak to you the most. This is your own personal and private road map to regaining control of your life.

## Book Information

Paperback: 168 pages

Publisher: Instant Help; 1 edition (March 1, 2008)

Language: English

ISBN-10: 1572246022

ISBN-13: 978-1572246027

Product Dimensions: 0.5 x 7.8 x 9.8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (73 customer reviews)

Best Sellers Rank: #7,834 in Books (See Top 100 in Books) #14 in Books > Teens > Social Issues #333 in Books > Self-Help > Personal Transformation #1071 in Books > Textbooks

## Customer Reviews

I bought this book within a few weeks of my first SI. I guess I knew cutting wasn't the best way to handle my issues. All I wanted was to stop the pain. I Googled the title before I ever knew there was a book. I didn't tell my parents about it when it came. In fact, it sat on my shelf in my room for almost two months, unwritten in. During that time I would look through it occasionally when I was having a craving, it would sometimes help. The first few chapters says that its important to tell someone. No one knew for the longest time. I scared my self badly enough one day after I Sled that I brought the book to my parents. Since then I've worked through some of the chapters. I'd be lying if I told you it was "the cure" that my parents seem to think it is. I still cut, or slam my self into corners, 3 or 4 times a week. -which is actually an improvement. Its going to take a lot more than

just a workbook to overcome this. As parents with kids who do what I do and have this book, look through their the book with them and talk about their SI with it....just because they don't say anything about it, or you don't see their scars, doesn't mean it went away. It means they're getting better at hiding it - wheather they want to or not. Act like you care. Don't freak out or pretend its not their. Either way won't work. Its a good book. - for anyone out there looking for a way to stop...this book can help. Even if you don't want to stop,(like me) it will still give you something to think about. Good luck to everyone, and wish me the same.

I bought this book for my daughter, we are learning about self injury, unfortunately where I live, there is almost any information about SI, when my daughter opened this book, she didn't wanna stop reading it, there are a lot of interesting excercises that help teens to understand what they're going thru, and it says them what to do, to learn to live free and be happy, without having to hurt themselves, I give 5 stars to this book, it's great.

As a counselor I have found this book a valuable source in helping the teens I see with SI. Easy format and the teen actually enjoy working through the book and discussing it.

If you work with kids/adolescents who engage in self-injurious behaviors as I do, this is a bible. Dr. Shapiro is on the mark with this one and provides exercises that are easily adaptable to your treatment plans with your patients/clients. I even had one patient (I'm a Psychotherapist) who wrote a letter during one of our sessions to Dr. Shapiro thanking him profusely for engineering this book, but decided she didn't feel brave enough to mail so we shredded it. This is indictive of the impact this book has for my patients and even provides safety contracts, letter forms to families that may be too difficult for the child to otherwise express, and even a personal prayer handout if the child/adolescent has strong spiritual beliefs (which is extrememly important to tap into for additional coping/survival mechanisms). I love Dr. Shapiro's work so much that I don't know why it hasn't gone viral such as Dr. Linehan's DBT Model, Dr. David Burns, M.D. Affective Model denoting 'feeling good', or even William Glasser's Choice/Reality Theory. I could go on and on about Dr. Shapiro, but you just need to order this book and you will be hooked. The only downside, if there is one, is how much \$\$ I have invested over the years on all his wealth of treatment books; it's an addiction I'm not willing to control or give up any time soon.

I got this product for my 15 year old daughter.Her social worker loved the book and my daughter

liked it. I only gave it 4 stars because I don't know how well it's going to work in the long run. She has had the book seven months and I think they haven't used it in 2 but she stopped cutting shortly after getting the book. About 3 months later, so I am happy about that. I would highly recommend the book.

This book is written to where it is simple to read. It has exercises to help dig into the problems. The book also helps the parent by giving suggestions on how to develop healthy relationships with your child.

Upon advice of my daughter's counselor, I purchased this book in order to help with my daughter's mental health treatment. It gives teens that cut on themselves tools in which to stop the destructive behavior, and use different tools in order to deal with life on life's terms. My daughter is just beginning her treatment, but I have already seen progress, & she has successfully not cut on herself for over 6 weeks! One day at a time, lots of love & support, & her willingness to work on herself makes all the difference!

This book was very useful and helpful during my previous years of self harm. It also provided a lot of good information!!! I also shared it with my friend who self-harmed, and it helped her out a LOT also!!!! Kudos to the author who created this book. =) =)

[Download to continue reading...](#)

Stopping the Pain: A Workbook for Teens Who Cut and Self Injure Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Helping Teens Who Cut: Understanding and Ending Self-Injury The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens Wall & Melzack's Textbook of Pain: Expert Consult - Online and Print, 6e (Wall and Melzack's Textbook of Pain) Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program Bonica's Management of Pain (Fishman, Bonica's Pain Management) The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals Cut and Make Egyptian Masks (Cut-Out Masks) Cut and Make Cat Masks in Full Color (Cut-Out Masks) Cut and Make Indonesian Masks (Cut-Out Masks) Measure Twice, Cut Once: Simple Steps to Measure, Scale, Draw and Make the Perfect Cut-Every Time. (Popular Woodworking) Cut & Assemble

Victorian Houses (Cut & Assemble Buildings in H-O Scale) Cut & Assemble House of the Seven Gables (Cut & Assemble Buildings in H-O Scale) The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect Iyanla Live!: Self-Value, Self-Worth, Self-Love Stopping by Woods on a Snowy Evening

[Dmca](#)