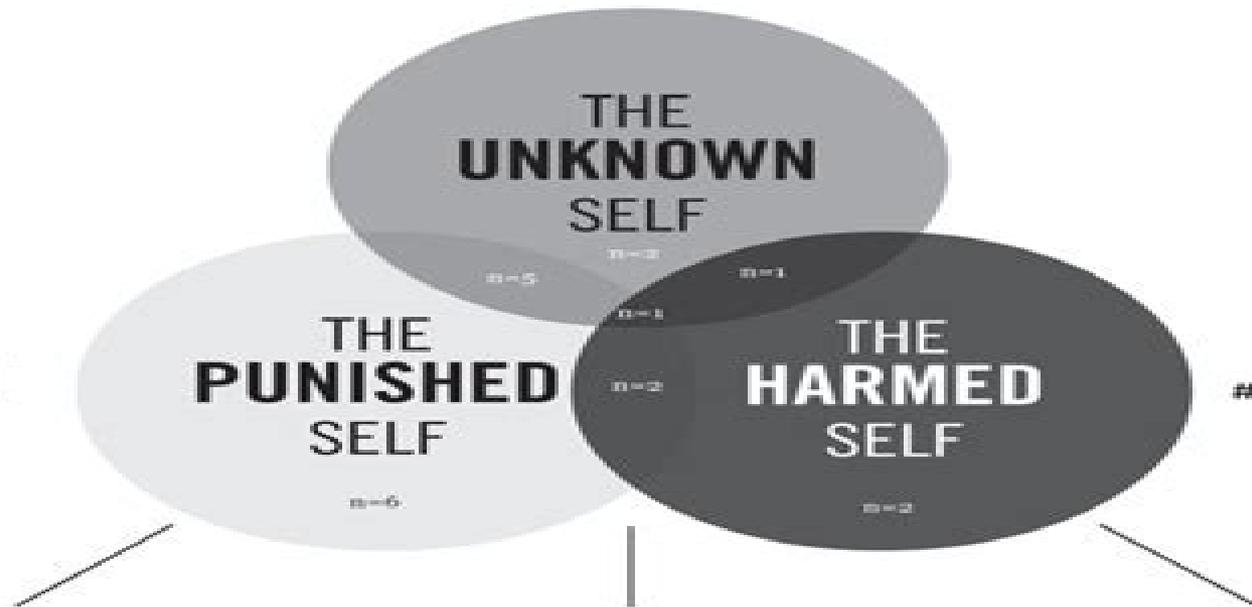


#2

#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

Christian Drosten



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Table of Contents Punished Self

1. Understanding the eBook Punished Self
 - The Rise of Digital Reading Punished Self
 - Advantages of eBooks Over Traditional Books
2. Identifying Punished Self
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Punished Self
 - User-Friendly Interface
4. Exploring eBook Recommendations from Punished Self
 - Personalized Recommendations
 - Punished Self User Reviews and Ratings

- Punished Self and Bestseller Lists
- 5. Accessing Punished Self Free and Paid eBooks
 - Punished Self Public Domain eBooks
 - Punished Self eBook Subscription Services
 - Punished Self Budget-Friendly Options
- 6. Navigating Punished Self eBook Formats
 - ePub, PDF, MOBI, and More
 - Punished Self Compatibility with Devices
 - Punished Self Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Punished Self
 - Highlighting and Note-Taking Punished Self
 - Interactive Elements Punished Self
- 8. Staying Engaged with Punished Self
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Punished Self
- 9. Balancing eBooks and Physical Books Punished Self
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Punished Self
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Punished Self
 - Setting Reading Goals Punished Self
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Punished Self
 - Fact-Checking eBook Content of Punished Self
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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