

SELF-ABUSE

Meaning: Self-abuse refers to the harmful behaviors directed at oneself, including both physical harm and emotional distress.

1. Self-abuse can take many forms, both physical and emotional.
2. He sought therapy to address his struggles with self-abuse and improve his mental health.
3. The documentary sheds light on the serious effects of self-abuse among teenagers.
4. Understanding the underlying issues is crucial in helping someone overcome self-abuse.
5. Support groups can provide a safe space for individuals dealing with self-abuse to share their experiences.

Source: sentences.whatistheurl.com

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