

SELF-TORTURE

Meaning: Self-torture refers to the act of inflicting emotional pain on oneself, often through negative self-talk or harmful comparisons to others.

1. Self-torture often manifests in the form of negative self-talk that can be emotionally damaging.
2. Many people engage in self-torture by constantly comparing themselves to others, leading to feelings of inadequacy.
3. The protagonist in the novel struggles with self-torture as she grapples with her past mistakes.
4. In therapy, he learned that self-torture can be a way of avoiding deeper emotional pain.
5. She realized that her habit of self-torture was preventing her from moving forward in life.

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