"Cutting for me releases all the built up anger and frustration and pain I feel inside. There are many things that happen to me in my life which cause the pain I feel and how I release it.

Mostly the feelings of isolation like being outcast pretty much from relationships altogether….

School is stressful, home life I can't handle sometimes."

"I would just like to mention the adrenalin rush that one experiences with the pain. When I feel numb and like I don't really exist, I cause myself harm and it brings this rush that brings you back to earth"

"Cutting takes my mind off things, when I'm unhappy about myself, the way I am."

"My emotions can vary rapidly and be very intense. If in an emotionally charged situation, I will either during or shortly after harm myself. I'm not good at dealing with emotions or communicating mine to others."

"I'm 16. Every day of my life I've been told what to do from the moment I wake up to the moment I go to sleep. I'm sick of it. This is just my secret way of asserting a bit of control in my life."

"The day I realised that nobody could take control of my body but me, I felt really powerful. In the past I'd been weak and other people had controlled my body but now it's mine. I can care for it if I want to care for it and I can hurt it I want to hurt it. It's MINE."

"Sometimes when I felt numb and empty, scratching myself helped me to feel emotions again. Brought me back to life in a way"

"I was always punished as a kid. If I was late, if I did something stupid, if I didn't do well enough at school. My Dad used to punish me physically. Once I went into care I guess I kind of took over the punishment myself. People would tell me that it was okay to make mistakes and I shouldn't punish myself but it made me feel better."