

Cutting

Cutting has become a huge problem with teens today. You probably know someone who cuts. It's becoming a fad with its own genre of emo music (popular songs such as "Candy Coated Razorblade" and "Razorblade Kiss") and its own celebrity spokespeople, but it is dangerous and addictive for those who start. "The first cut is a result of a large insult or catastrophe, and the second cut takes less provocation. The third cut takes even less, and the next thing you know you are cutting because you anticipate having a bad day, and after that they cut because they are at a low point in [their] mood cycle, and then finally they cut because its been too long since the last cut," said a leading researcher on cutting, Steven Levenkron, in a WebMD interview. What if you know someone who cuts What should you do Will talking about it make this person think more or less about it" These were questions running through one girl's mind when she found out her friend was a self abuser - a cutter and a burner. She started feeling responsible every time she found new scars on his arms. If you know that someone is abusing themselves, it can be confusing or even terrifying. Just like when someone is addicted to drugs, it takes more and more to get high; well, sometimes people start cutting deeper. This can be fatal. Sometimes you don't even know if someone was trying to commit suicide or not...they are just found. Other medical concerns such as infection are also very serious, and cutters will have to live with the scars for the rest of their life. Sometimes cutting just doesn't seem serious. Some people cut to look cool, to see how much pain they can handle, or show someone else that they have problems. Some cut to get attention. Celebrities have influenced this trend. Big names such as Johnny Depp, Colin Farrell, Angelina Jolie, Marilyn Manson, Princess Diana, Christina Ricci, and Fiona Apple all have cut. Cristina Ricci said, "It's like having a drink, but it's quicker...it made me calm" Sex Pistols frontman Sid Vicious made cutting a part of show business when he would slice himself onstage in front of screaming fans: fans that would then go home and try cutting themselves. Cutting used to be limited mostly to survivors of incest (warped families), and victims of rape or severe child abuse/neglect. Now, it seems like everyone cuts for any number of reasons. A friend of mine once said, "I've known so many cutters, it doesn't even bother me any more". When I see someone who cuts, it's the same as when I see someone who smokes cigarettes; I know it's bad for them, but it's their choice. Instead of coping with their emotions, teens create sites on the Internet with titles like "Razor Blade Kisses" and "Professional Cutter." In the past ten years the percentage of self-abusers has more than tripled, though it's hard to determine exactly how many are hurting inside and how many are doing it because they have nothing better to do. Self-abusers generally fall into or between two categories, but both are bad behavioral habits, and both show signs of low self esteem and depression. The first are those who show. These are people who are proud of their scars, who are seeking attention and acceptance through self mutilation. They may be punk, emo, or goth, but they generally hang around others who cut, in a sort of sad competition to see who has the worst life. The second category is the hidiers. They hide their scars under long sleeves or try to explain them away. The most common excuse for scars is "the cat got me." They have some sort of emotion that they cannot deal with so they take it out on their skin. They are most at risk for being addicted to cutting for the rest of their lives. Scary and very real cutting is. When did it become normal and how bad can it get Visit www.teentalkblog.tv for more articles.

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