

What Is Self-Destructive Behavior?

Self-destructive behavior is when you do something that can cause yourself emotional or physical harm. These behaviors can come in many forms, such as binge drinking, becoming overly self-critical, and self-harm. There are many different types of self-destructive tendencies, and they can be repeating patterns of behavior or manifest independently. Sometimes there are conscious risk evaluations made before engaging in these behaviors. However, the risks/consequences are often unknown or unanticipated by the individual.

Self Destructive Behavior

LP Steffe



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