



The Punished Self, the Unknown Self, and the Harmed Self – Toward a More Nuanced Understanding of Self-Harm Among Adolescent Girls

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Self-harm among adolescents, mostly girls, has increased in the last years. Self-harm is associated with mental illness and the risk of suicide. This qualitative study aims to explore the lived experience of self-harm as it is related to everyday life and challenges among adolescents. Nineteen girls (13–18 years of age) in a clinical population (strategic selection) participated in personal interviews analyzed by Interpretative Phenomenological Analysis to capture how they made meaning of self-harm and essential features of experiencing self-harm. Adult persons with the first-hand experience of self-harm were included in the research analysis. Data-analysis resulted in three superordinate themes which all speak about ways to handle inner pain and vulnerability: 1. “I deserve pain,” 2. “I don’t want to feel anything,” and 3. “I’m harmed, and no one cares.” Each superordinate theme included four main themes characterizing essential features of difficult experiences during self-harm, the purpose of the action, self-descriptions, and the role of others during self-harm. The three superordinate themes are discussed as emerging self-representations – “the punished self,” “the unknown self,” and “the harmed self” – during the transitional age of adolescence. This article argues that subjective personal data on self-harm related to adolescents’ everyday lives may indicate diversity in the capacity to integrate difficult needs, feelings, and traumatic experiences as part of the self. This knowledge may bring a nuanced understanding of self-harm in adolescence, enhance self-understanding and treatment motivation, and inform clinical adjustment.

Keywords: adolescence, lived experience, self-harm, self-identity, qualitative study

INTRODUCTION

Self-harm usually starts in adolescence, with an onset of 12–13 years of age (Nock, 2014). The definition and concepts regarding direct self-harm are debated, particularly about whether to include or exclude suicidal intent. “Deliberate self-harm” refers to “intentional self-poisoning or self-injury, irrespective of the type of motive or extent of suicidal intent” (Hawton et al., 2012, p. 2373), and “non-suicidal self-injury” refers to “the deliberate destruction of one’s bodily tissue in the absence of suicidal intent and for reasons not socially sanctioned” (Bentley et al., 2014, p. 638). Despite variations in terminology and definitions, self-harm has an estimated prevalence of 13–17% in community samples and up to 50–60% in clinical samples in several countries

Punished Self

Deirdre Golash



Punished Self:

Self's Punishment Bernhard Schlink, Walter Popp, 2007-12-18 As a young man Gerhard Self served as a Nazi prosecutor After the war he was barred from the judicial system and so became a private investigator He has never however forgotten his complicity in evil Hired by a childhood friend the aging Self searches for a prankish hacker who s invaded the computer system of a Rhineland chemical plant But his investigation leads to murder and from there to the charnel house of Germany s past where the secrets of powerful corporations lie among the bones of numberless dead What ensues is a taut psychologically complex and densely atmospheric moral thriller featuring a shrewd self mocking protagonist Principles of Behavior Richard W. Malott, Joseph T. Shane, 2015-10-02 This book serves as a general liberal arts introduction to behavior analysis as well as a first step in becoming a professional behavior analyst at the BA MA or the PhD EdD level It presents various case studies and examples that help readers to apply principles of behavior to real life **Punishment** A. John Simmons, Marshall Cohen, Joshua Cohen, Charles R. Beitz, 2022-02-08 The problem of justifying legal punishment has been at the heart of legal and social philosophy from the very earliest recorded philosophical texts However despite several hundred years of debate philosophers have not reached agreement about how legal punishment can be morally justified That is the central issue addressed by the contributors to this volume All of the essays collected here have been published in the highly respected journal Philosophy Public Affairs Taken together they offer not only significant proposals for improving established theories of punishment and compelling arguments against long held positions but also original and important answers to the question How is punishment to be justified Part I of this collection Justifications of Punishment examines how any practice of punishment can be morally justified Contributors include Jeffrie G Murphy Alan H Goldman Warren Quinn C S Nino and Jean Hampton The papers in Part II Problems of Punishment address more specific issues arising in established theories The authors are Martha C Nussbaum Michael Davis and A John Simmons In the final section Capital Punishment contributors discuss the justifiability of capital punishment one of the most debated philosophical topics of this century Essayists include David A Conway Jeffrey H Reiman Stephen Nathanson and Ernest van den Haag The Borderline Personality Disorder Survival Guide Alexander L. Chapman, Kim L. Gratz, 2007-12-01 This book offers a complete overview of borderline personality disorder BPD its symptoms and treatment and ways BPD sufferers can navigate their lives with this complicated condition **Between Women** Sharon Marcus, 2009-07-10 Women in Victorian England wore jewelry made from each other s hair and wrote poems celebrating decades of friendship They pored over magazines that described the dangerous pleasures of corporal punishment A few had sexual relationships with each other exchanged rings and vows willed each other property and lived together in long term partnerships described as marriages But as Sharon Marcus shows these women were not seen as gender outlaws Their desires were fanned by consumer culture and their friendships and unions were accepted and even encouraged by family society and church Far from being sexless angels defined only by male desires Victorian women

openly enjoyed looking at and even dominating other women Their friendships helped realize the ideal of companionate love between men and women celebrated by novels and their unions influenced politicians and social thinkers to reform marriage law Through a close examination of literature memoirs letters domestic magazines and political debates Marcus reveals how relationships between women were a crucial component of femininity Deeply researched powerfully argued and filled with original readings of familiar and surprising sources *Between Women* overturns everything we thought we knew about Victorian women and the history of marriage and family life It offers a new paradigm for theorizing gender and sexuality not just in the Victorian period but in our own

Punishment and Ethics J. Ryberg, J. Corlett, 2010-10-20 A collection of original contributions by philosophers working in the ethics of punishment gathering new perspectives on various challenging topics including punishment and forgiveness dignity discrimination public opinion torture rehabilitation and restitution

Effects of Punishment on Human Behavior Saul Axelrod, 2013-10-22 The *Effects of Punishment on Human Behavior* is a collection of essays that discusses the procedural and ethical issues of the use of electric shock as a treatment for severe behavior problems The book presents the different types of extraneous aversives and undesirable side effects of punishment It demonstrates the effectiveness of punishment procedures The text describes the various aspects of punishment as applied to human beings It discusses the ethical and legal issues that challenge the use of punishment Another topic of interest is the salient characteristics and influences affecting the success of overcorrection The section that follows describes the types of punishment The text also provides a conceptual and methodological analysis of a technique called timeout The book will provide valuable insights for psychologists teachers students and researchers in the field of behavioral science

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The Philosophy of Punishment Anthony Ellis, 2012-05-30 The series *St Andrews Studies in Philosophy and Public Life* originates in the Centre for Ethics Philosophy and Public Affairs University of St Andrews and is under the general editorship of John Haldane The series includes monographs collections of essays and occasional anthologies of source material representing study in those areas of philosophy most relevant to topics of public importance

with the aim of advancing the contribution of philosophy in the discussion of these topics In this volume the author sets aside the usual division between theories of punishment that do or do not focus on retribution In its place he proposes and explores the distinction between internalist and externalist theories The final chapter discusses the deterrent value of punishment

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Delwin Brown, Sheila Greeve Davaney, Kathryn Tanner, 2001 This text brings together scholars from theological perspectives to analyse theories cultural movements The first part examines theoretical relationships between theology and cultural studies and the second consists of theological analyses *The Oxford Handbook of the Philosophy of Punishment* Jesper Ryberg, 2024-11 **Punishment as Societal-defense** Phillip Montague, 1995 People punished by law are treated in ways

that we consider immoral in other contexts In Punishment as Societal Defense Phillip Montague develops a new theory of punishment that instead of justifying it on the basis of deterrence or retribution constructs it as analogous to individual self defense If people are justified in defending themselves against wrongful aggression Montague argues the same principles of distributive justice underlie punishment as societal defense **Punishment and Retribution** Leo Zaibert, 2016-04-15

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Golash,2006-10 Golash addresses the value of punishment in contemporary society *The Use of Punishment* Sean McConville,2013-01-10 In recent decades there has been a vast increase in the use of imprisonment and penal supervision and to many this development appears to be qualitatively as well as quantitatively different The causes of this development its consequences and future course form the main point of departure for the contributors to this volume who consider the changes that have contributed to these apparently fundamental shifts in the use of punishment In this major new book contributors from a range of disciplines provide an integrated approach to a range of questions surrounding the use of punishment In what ways have broader social institutions and processes contributed to penal expansion This book is the principal outcome of the Guggenheim Punishment Project which aimed for a truly interdisciplinary account of thinking about punishment and an outcome which was general and reflective rather than specific and policy oriented and accessible to the generalist as well as those with a specialist interest in the field *Moral Pluralism and the Complexity of Punishment*

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researchers interested in Hart's philosophy the philosophy of law and criminal law **Law as Punishment / Law as Regulation** Austin Sarat, Lawrence Douglas, Martha Merrill Umphrey, 2011-08-29 Law depends on various modes of classification. How an act or a person is classified may be crucial in determining the rights obtained, the procedures employed, and what understandings get attached to the act or person. Critiques of law often reveal how arbitrary its classificatory acts are, but no one doubts their power and consequence. This crucial new book considers the problem of law's physical control of persons and the ways in which this control illuminates competing visions of the law as both a tool of regulation and an instrument of coercion or punishment. It examines various instances of punishment and regulation to illustrate points of overlap and difference between them and captures the lived experience of the state's enterprise of subjecting human conduct to the governance of rules. Ultimately, the essays call into question the adequacy of a view of punishment and/or regulation that neglects the perspectives of those who are at the receiving end of these exercises of state power.

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