

Pain Addictions. Self-Mutilation Addictions

Addictions to pain are far more dangerous than any other addiction in the world. The pain experienced is often far worse than the victim allows anyone to believe. Self-mutilation is, more often than not, for the reason to escape the real world and/or mental stress, yet the addicts can discover joy from causing pain to themselves.

Many self-mutilators may effect damage to themselves in an effort to get noticed. The self-mutilator usually wants somebody to show sympathy for him or her, and may create some level of pain to themselves. In uncommon instances, the injury leads to death and most times because the individual actually cuts deeper than he/she meant to cut. The rush of feelings these people experience often causes adrenaline to rise, which causes an addiction to be set up. Consequently, we have to look at lots of facts of pain addictions, or self-mutilation addictions in advance of looking at why these people do what they do.

Escape, as defined, is wrongfully described in addictions, since most persons seeking to escape totally from reality are using an escape mechanism, which helps them to avoid unbearable truths and/or responsibilities. The act is a procession of thoughts or behaviors that are triggered by habits. In other words the person becomes used to this action, thus it becomes a feature of their lives.

Pain addicts frequently use self-mutilation in an attempt to sidestep expectations placed on them by relatives, life in whole, or college. Often-times living up to expectations is more than a person can bear. At the time the person commits self-mutilation, it causes the adrenaline to surge to the brain creating a 'high' feeling. This is more than often adequate, and the addict may not go further till the next time the high is required.

In a few instances, death happens resulting from the symptoms brought on by the addiction. When the addict tires out from torment, he/she might create, or act on, suicidal tendencies which are frequently brought on by depression. This triggers profound-seated feelings, which in turn leads to death.

Self-mutilators may attack their wrists, arms, legs, neck and most other parts of the body. If suicidal tendencies are there often-times, the addict may not inform anyone. For this reason, this addiction is well, above the norm, unsafe. However, most persons suffering these addictions determined to gain attention, were filling the need that was never filled. This then is an escape mechanism that provides pleasure, yet the pleasure is only 'skin deep'.

Accidents can happen, especially if the person cuts deeper than he/she meant to, and is loath to let anyone know. This person might take care of the problem on his/her own, firmly believing that they can solve the issue, yet fear surrounds the mind, and a person is 'led' by the emotions. A serious mistake!

Anyone suffering from any form of addiction, mental disorder, depression, etc, is lacking the ability to stay in contact with the mind, i.e. the person is functioning on emotions. When a person functions solely on emotions, the person is placing themselves in a precarious situation, and is vulnerable to others.

Teens are often the ones addicted to pain. Teens caught up in peer pressure, Devil worship etc, are trapped in the world of illusion and will often resort to addictions to ease the hurt.

Pain addicts will often feel twitchy, unnerved, stressed out etc, and will suffer depression often. The addicts could often create injury to themselves to ease generally known symptoms brought on by stressors, i.e. these people have the incapacity to deal with life and its expectations. Consequently, we are looking at an incapacity to cope, which is found in lots of disorders, addictions, and in life itself while we look at pain addictions.

According to a few, pain addictions are often backed by basic personality disorders, which is one of the most serious disorders in the listings of mental health. BPD patients often feel left alone, and will often do anything, even if it hurts themselves or someone else, to gain control.

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About the Author

David Hill is a Research Chemist and is a regular Article Writer. He is known for his forthright views and deep knowledge of all subjects he writes about. Many of his Articles can be found here; <http://www.articlepro.co.uk/international/>