

Chat Example: Self Harm - Female

COACH 11:13:46 pm
Hi Rachel

RACHEL 11:13:54 pm
Hey

COACH 11:14:02 pm
How are you tonight?

RACHEL 11:14:13 pm
I'm ok, you?

COACH 11:14:28 pm
I'm doing great, thank you for asking!
What's going on with you?

RACHEL 11:15:19 pm
A lot of things, but I don't know where to really start

COACH 11:15:59 pm
Well, let's just start with what you're thinking now.

RACHEL 11:18:05 pm
I don't know. Im not used to opening up to people

COACH 11:18:50 pm
I understand, tell me a little about yourself. Who are you Kalyn?

RACHEL 11:20:53 pm
Well, I love music

COACH 11:21:19 pm
What kind of music do you like? Who is your favorite singer?

RACHEL 11:22:10 pm
Mostly pop. My favorite band is Surfaces.

COACH 11:22:27 pm
Okay, do you have a favorite song?

RACHEL 11:22:46 pm
Sunday Best

COACH 11:23:14 pm (sent)
And how does that song make you feel?

RACHEL 11:24:53 pm
Happy. Like everything will be ok. Same with every other song by them. I love the ocean, sunsets, ect. Its calming

COACH 11:25:47 pm
That's great, I see that they're singing about their beliefs. May I ask if you have any spiritual beliefs?

RACHEL 11:26:38 pm
Yeah, I do
Sort of

COACH 11:26:59 pm
Can you tell me about them?

RACHEL 11:27:57 pm
Not really. Its kind of confusing ig

COACH 11:28:58 pm
I understand, you know one of my favorite artists is Anne Wilson have you ever heard of her?

RACHEL 11:29:51 pm
Yes, my mom listens to her sometimes

COACH 11:30:05 pm
One of my favorite songs is Let me tell you about my Jesus

RACHEL 11:30:24 pm
She loves that one
We've sang it before, too

COACH 11:30:53 pm
I like the part where Anne says "His love is strong and His grace is free And the good news is I know that He Can do for you what He's done for me"

RACHEL 11:31:14 pm

Yeah

Me too

COACH 11:32:02 pm

It's a powerful message for sure!

May I ask Kalyn about your subject of self harm? You seem very upbeat and happy! Can you tell me what's going on?

RACHEL 11:37:36 pm

Well, yes, I try to be. Its hard because I can't really stop doing it and I know its wrong but every time I say I'm getting better at it I don't. It hurts and I don't know how to tell anyone because I get scared

COACH 11:39:26 pm

I completely understand how you feel. In my experience self-harm is often a symptom of not being able to cope with one's emotions or the result of past abuse or trauma.

RACHEL 11:41:44 pm

Yes, it sometimes makes me feel better. But I always regret it.

COACH 11:42:19 pm

May I share a little about myself?

RACHEL 11:42:34 pm

Yeah, go ahead

COACH 11:43:02 pm

I went through abuse as a child and like you I was scared to tell anyone about it.

I began to do things that were self-harming and like you it made me feel better in the moment, but it left me with guilt, shame, anxiety, and depression.

After years of self-destructive behavior and consequences, I finally realized I could not do it on my own.

I hope my story will help you not have to go through the things I did. What i learned is that God is more than big enough for our emotions. He sees and understands our pain. Tuning our minds to the truth of who God is and the way He sees us helps us to navigate life in a fallen world.

I also want you to know that the things that happened to you were not your fault and God loves you so much!

RACHEL 11:50:06 pm

Yeah, but its not as much abuse as it is my hatred at myself.

I also kinda do it because I think I deserve it.

Its a mix

COACH 11:52:34 pm

You do not deserve it and I know exactly how you feel. Regardless of the reasons.

Do you happen to have a Bible?

RACHEL 11:53:36 pm

Yeah

COACH 11:54:39 pm

I'm going to share God's rescue plan with you and I have some verses referenced. I hope you will take the time to read them.

The biggest step of healing is to put your trust in Jesus Christ as your Savior if you have not already done so. On our own, we are separated from God and without hope. But God provided a way for us to be in relationship with Him—Jesus Christ (John 3:16–18). Jesus is fully God and fully human. He lived a perfect life. He died on the cross to pay the price for our sins. Then He rose back to life, proving He is who He says He is and that His sacrifice was sufficient payment for us (1 Corinthians 15:3–7; Philippians 2:5–11). When we put our faith in Him, we become a child of God (John 1:12–13). All the things we have done that go against God are forgiven (Ephesians 1:3–10). Not only that, but we are given the Holy Spirit to live inside us (Ephesians 1:13–14). God invites us into relationship with Him. In Him our lives have meaning and purpose. We still endure the hardships of this world, but we know that one day God will make the world new (John 16:33; James 1:2–4; 1 Peter 1:6–9; Revelation 21–22). We have hope that we will be with Him throughout eternity. We also know that He is with us every day of our lives (John 14:15–21, 26–27; 16:12–15; Matthew 28:20). We are not alone!

RACHEL 11:55:14 pm

Ok, thank you

COACH 11:57:30 pm

It took me a long time to surrender and give my life to God. I guess you could say I finally was broken enough to get it. Have you given yourself to God and accepted his rescue plan? If not is that something you'd like to do?

RACHEL 11:58:42 pm

I haven't yet, but I was thinking about it.

COACH Wednesday, October 5th 2022, 12:00:20 am

I tell you, now is the time of God's favor, now is the day of salvation! (Romans 10:9-11) says "if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified and with the mouth one confesses and is saved. For the scripture says, everyone who believes in him will not be put to shame".

RACHEL Wednesday, October 5th 2022, 12:01:00 am

I might. I'm not sure though.

COACH Wednesday, October 5th 2022, 12:01:56 am

If you feel God calling you I encourage you to act on it. It's as simple as the verse above.

RACHEL Wednesday, October 5th 2022, 12:02:46 am

Yeah. I'll think about it.