Self-destructive Behavior

Your behavior and attitude show a self-destructive tendency. When people get very upset or drunk, they tend to hurt themselves; sometimes they are not even conscious of what they are doing. Taking an overdose of pills, hurting yourself, getting into fights, and car accidents are all ways people show their upset and negative feelings.

We are here to treat your present medical problem, and to help you see what your behavior means. You should see your doctor or a counselor to help you recognize the source of your problems and straighten out your feelings. You also need to avoid alcohol and drugs. **If your behavior is out of control such that your life is in danger, please call the authorities, your doctor, or the emergency department**.

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