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Demi Lovato Cutting? What It Means & What Causes It

Posted by [MaraLee](#) on November 2nd, 2010 at 1:38 pm



The news that Demi Lovato has taken time off her tour with the Jonas Brothers has shocked many. Admitted for the vague “emotional and physical issues,” many sources believe that the 18 year old was cutting herself.

Just what is cutting and what causes it?

According to the Internets medical standby [Web MD](#): “Cutting is a form of self-injury — the person is literally making small cuts on his or her body, usually the arms and legs.” It’s actually very common with teenagers, especially females, and can help them deal with emotional pain.

What’s interesting is that it is also tied to eating disorders. Demi is rumored to have suffered from anorexia as well. Wendy Lader, PhD, clinical director for SAFE Alternatives, says, “Many are sensitive, perfectionists, overachievers. The self-injury begins as a defense against what’s going on in their family, in their lives. They have failed in one area of their lives, so this is a way to get control.”

Could the pressure of fame have gotten too much? Perhaps her break up with Joe Jonas made things worse?

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For more information on S.I. go to: <http://www.selfinjury.com>

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