

# Sophie's Story

Sophie has been dating Steve for two years. They are inseparable. Sophie cannot imagine her life without Steve. Sophie lost her mom last year, and Steve has been her biggest support person.

Sophie found out that Steve has been cheating on her and lying to her. Sophie is devastated, and she ends the relationship.

Sophie suffers in silence and tries to deal with family and school issues as well as the hurt from the breakup. She begins to develop anxiety, and she is struggling to deal with all the intense emotions that keep coming up. She starts cutting herself to deal with the stress.

Cutting is the only thing that brings Sophie relief from all her intense, painful feelings. Sophie feels ashamed about cutting herself. She does not want anyone to find out she is self-harming, so she has been avoiding her friends.

You are friends with Sophie, and you know about the breakup. You know how upset she is and that she has been avoiding you. Sophie has not been coming to cadet / JCR training activities, so you drop by her house one day. You notice that Sophie's forearms have scratches and cuts all over them.

Using the *Look, Listen, Link, Live*® model, answer the following questions:

- STEP 1: LOOK. What are the signs that Sophie is feeling stressed and may be self-harming?
- STEP 2: LISTEN. What can you say to Sophie?
- STEP 3: LINK. Where would you link Sophie for help and support?
- STEP 4: LIVE. What are some healthy coping strategies that you can share with Sophie to help her feel better? What can you do to take care of yourself?