

Deliberate self-harm presents a compulsive behavior which is most common especially during adolescence. The risk of behavior experimenting and hazarding increases mainly during this period. Adolescent is put at danger of several risks and dangers and has to deal with them. In the case adolescent is not prepared to deal with such circumstances in advance, he or she could truckle to it. Therefore the self-harm for adolescents very often becomes an instrument for managing of dangerous effects and unpleasant feelings. It should persist for several years thus self-harm in many cases may get beyond as a sort of addiction. The aim of this paper is to describe a phenomenon of deliberate self-harm as one of specific forms of addicted behavior; to verify concept of non-substance behavior and to point to some common or similar characters with substance-addictions.