What Is Self-Destruction?

Self-destruction is usually defined as "The voluntary destruction of something by itself."

In human personality terms, we are really talking about counter-productive and ultimately self-destructive *behaviour patterns* which can cause oneself irreparable harm or damage, either deliberately or inadvertently. It's an umbrella term for a variety of self-damaging tendencies in the personality: from doing things that always seem to backfire, to habitual self-harm, to suicidal recklessness.

'I was able to come to terms with lots of things but I still get angry with the self-destruction of my father. I feel resentful of him for going so early and leaving me with this burden of having to represent him, because I could have done lots of other things.' (Aeronwy Thomas)