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Self-destruction can be a difficult and sometimes lonely road.

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Noun. donkey punch ( plural donkey punches ) A sucker punch, especially one delivered to the back of the neck, head, or the kidneys, of a sexual partner who is crouching on all fours; also used metaphorically . quotations . 2004 May 25, Wasson, Adam; Stamen, Jessica, The Self-Destruction Handbook: 8 Simple Steps to an Unhealthier You, New York: Three Rivers Press, →ISBN, LCCN 2003024499, OL 3680565M, page 116:

## **donkey punch - Wiktionary**

8. Social Isolation. Whether actively or passively, self-destructive people tend to isolate themselves from their peers and society in general. This is done by either alienating friends and family by actively insulting them or generally being a nuisance, or passively by not answering phone calls or texts, ignoring invitations, or blowing off special occasions.

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Your enemy, the devil, prowls around like a roaring lion looking for someone to devour (1 Peter 5:8). And if you continually look at yourself instead of the Lord, you will self-destruct. If you will take your eyes off of yourself, you will see that He is awesome.

## **3 Simple Steps to Self-Destruction - Eric Geiger**

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## **Does Trump suffer from 'self-destructive syndrome'?**

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