
SPIRITHEALING.CA

I SURVIVED SUICIDE



©2017 Spirit Healing
Written by:
Shelly Wolfe

I SURVIVED SUICIDE

People who commit suicide are just like me, and maybe even just like you, probably have thought about it more than once, but found ways to survive it, or not and why I am writing this now.

We live in a world of hurt and pain that does not belong to us. We observe and absorb every emotion every thought every word that is spoken from others. We are sensitive, that simple. Not crazy, just sensitive, and no therapist or addiction in the world can change that nature about us.

We keep our heads up and smiles on, crying behind closed doors. Our thoughts trapped inside our body and our mind. No one can save us from any of this, not even the most skilled therapists, because there are new thoughts and emotions we hang onto almost daily.

Ownership is a funny thing especially when we are not in control, when we can not tell whose emotions and thoughts we are owning or can't explain or have reason for even thinking and feeling things. At some point we decided, I am taking ownership for myself and do it, commit suicide. It is the one thing we know for certain we can control, and not an easy decision to come to or make, it is very thought out and many attempts to prevent it were made internally and if we are lucky externally, but let's admit it, help is not easily available.

And it is true, what they say, "it is not that the world is better off without me, but I who is better off without the world" because the world my friend is a very ugly place. For every one person who may show love and genuine care or concern, there are hundreds right behind them proving they are a rare breed, an anomaly really. Showing us that yes, the world we live in is loveless, and not kind at all.

How do we escape it? How do we stop hurting and internalizing everything, every thought? How do we stop taking blame and owning all the nasty around us? How do we stop the sirens, the racism, how do we stop the news stories, stop the hate? How do we stop humanity from hurting us, and each other, stop murders, stop rape, stop child abuse, stop war? How do we stop being so sensitive?

Oh, you thought this was a personal problem, that it had to be because someone close to us hurt us or that some tragic event finally broke us, that we did this because we could not handle our own personal life, or our own problems.

Well I hate to break it to you, but our problems would have been a little more bearable if we did not live in such an ugly world. People make this mistake over and over again, thinking it was just that one thing that brought us here. But its not, and why no one can help us, why no matter who loves and praises us, who speaks highly about us what therapist treats us, what life we have, no matter how "good" we have it no one, once we commit to suicide can stop us.

See suicide is never about us, it is not selfish, it is not because we are weak, it is not because we do not want to be here. It is not because we don't love anyone or think no one loves us. It is because at some point in our lives it all becomes too much. Inside and outside sources, we realize how ugly people truly are and no matter how good we are, how much love we show, no matter how kind we are it will never be enough, the hurt and pain will never end, because we are surrounded by it.

We, not so simply give up, we give up on hope, love, caring, selflessness, we give up on people, we give up on humanity. It becomes really hard for us to wrap our heads around hate, around hurt, around destruction, I mean how can people be so cold? We just don't understand why people hurt people and are proud of it, or think its OK, how can someone choose these things over love and happiness, respect and unity. How can people want to live in this space?

So please, when the story is told of how we did this, how we took our own life, either instantly, in a slow addiction's death, hell even in our destructive unsafe behavior, don't cry for us. Don't excuse it with they had a good life, came from a good home, they were so loved, don't dumb it down with I wish I would have seen the signs. Because the signs are everywhere, look around, sad truth, people as a whole are ignoring it, and don't see a need for their own personal changes, and the need to change the narrative.

In loving memory of us, let people know the ugly truth, let people know how the world destroyed us, let them know how all hope was lost because of the ugly in others, and yes god damn it we were too sensitive to bare it. Let them know we could not bare our own struggles because we could not stop the world from spinning out of control around us.

We could not sit by being hurt by the people who are suppose to and claim they love us, we could not bare to see another one of our loved ones hurt, we could no longer be a part of a world that lives in constant pain and suffering. Let them know all of it, speak of this ugly truth and make it uncomfortable.

You could continue to sugar coat it as a personal problem and guesstimate the whys, you can justify our actions after we are gone to make it look like it was just our problem, that we were too sensitive to handle life. Go ahead and write your, they were so loved quotes, if they only knew how much they will be missed, gone but never forgotten. But if you do, understand that no acknowledgment of the reality we are living in is why "we were better off without the world" and without you, yes, I said it, you.

I mean really, we are all in the same fire, just some of us choose to jump out of the building in an attempt to save ourselves, knowing there is no surviving the fall. And some of us choose to stay in the flame, getting burned once in awhile till death, hopefully with only a few scars. Horrible example isn't it, but this is the ugly truth, and it should be thought provoking.

As you all know, actions always speak louder than words. And we need to act toward treating each other better and treating ourselves better. Not just sugar coating it when we are gone, be a better person now, take responsibility and do your part to be a better person. YOU never know what lies beneath someone's true thoughts, you never know what someone has been through, you could be that one person who unknowingly saves us in turn be around to save another.

So please do YOUR part on suicide prevention, suicide is not bias, make it a personal choice to change the collective, your personal actions taken can have a ripple effect/butterfly effect that does make its way and sometimes, most times into the hearts of the ones who need it the most. Humanity lost its way, we need to find it and bring it back, together.

And I think if you are here reading this, you see the need and would be willing to accept the challenge and be part of the prevention and change.

I Survived Suicide

There are so many simple rules in life that we can be following to make this world bearable again. And regardless of what you have endured in your life, if you continue to live by these rules' humanity in itself as a whole can and will change, this is an individual effort made by the and on a collective level. We can make this world bearable again.

Rules: For anyone living with suicidal thoughts, and for anyone wanting to prevent it.

1. Let love lead. (First for yourself then others)

Loving yourself enough, will keep you safe, you will find yourself in better positions and situations. Why? Because LOVE will lead you there, and that love will then be shown to others.

2. Have and keep boundaries

Do NOT no matter what or who it is, break YOUR boundaries. The moment you allow someone or something to take you out of your comfort zone, the chaos will begin both in your mind and physically.

3. Have Trust (First for yourself then others)

With internal trust and listening to our intuition (gut feelings) we will know who and what is right for us. It has been proven over and over again, this works. When we second guess ourselves, we lose trust in ourselves and in others. Leaving us in questions not able to make proper choices. It really is that simple, and a life without trust is no life at all.

4. Let go and let God

When something becomes too much to bare, back OUT, let it go and let God, nothing good for us will hurt or break us! LET IT GO!! Jesus take the wheel, scream it if you have to.

5. Control your thoughts

Your mind believes 100% of the thoughts you create. Change your vocabulary, things like anger, hate, fear, are a choice and a product of thoughts you create. As is love, kindness and caring. A make it or break it idea, could be the difference from being a victim vs survivor. Regardless of what someone has imposed upon you or what someone thinks about you, YOU SURVIVED. Do not let the victim creep up and take a hold of you, it is not somewhere we want to live. Make your move go thought your emotions, break a few plates if you have to. BUT DO NOT LIVE THERE. You survived, always choose to be a survivor in your mind, not a victim, the moment it is over you decided and tell your mind WHO YOU ARE. The moment its over, YOU SURVIVED. You are no longer being victimized, the healing can begin. Past tense, I was a victim of..... but I survived and AM HERE, healing.

Sometimes we need someone to be stronger for us, and that is ok, because being sensitive is not always something we can handle on our own (obviously), its in our nature to need each other to survive. Together we can prevent this.

In closing, I would just like to say.... I SURVIVED SUICIDE.