

Chapter 2

OVERCOMING SUICIDAL IDEATION



Welcome to Chapter 2 where we explore ways to overcome thoughts of suicide. It's crucial to understand that suicide often stems from mental health issues like depression. If you're experiencing suicidal thoughts, seek help from a professional immediately. It's a serious matter that shouldn't be taken lightly. In 'The Unvarnished Truth: Purpose in the Pain,' I share my own struggles with suicidal ideation.

For years, I grappled with an overwhelming desire to end my life. It felt like an endless ache in my heart, like a river searching for an outlet. Life became unbearably heavy, weighing down on me with unanswerable questions:

- What's my purpose?
- Do I matter?
- Would anyone miss me?
- How do I escape this pain?
- Why does healing seem impossible?
- Why do I crave love in a world where I give it freely?

Every day felt like an uphill battle, with even the simplest tasks feeling impossible. The world lost its vibrancy, leaving me isolated and adrift in a sea of confusion. If you've ever felt this way, you're not alone. I spent too many years lost in emptiness and sorrow.

The great news is, I have moved past those dark days. Even if hope feels distant for you at the moment, it is there. Since writing my autobiography, life has not stopped challenging me, but now I confront obstacles with strength and resilience. Through medication and determination, I have conquered suicidal thoughts, and you can too.

While I'm not a mental health expert, I can share some activities that helped me cope with sadness and depression. Remember, it's essential to seek personalized advice from a professional. Here are some exercises to consider:

JOURNALING

Journaling is a powerful and therapeutic tool that allows you to explore your thoughts and emotions in a safe and reflective space. This exercise encourages you to engage in a mindful and honest exploration of your inner world. By delving into both the negative and positive aspects of your experiences, you can gain a deeper understanding of your emotions, enhance self-awareness, and promote personal growth.

INSTRUCTIONS:

1. CREATE A SACRED SPACE:

- Find a quiet and comfortable space where you can be alone with your thoughts. Consider creating a calming environment with soft lighting, soothing music, or any elements that make you feel at ease.

2. CHOOSE YOUR MEDIUM:

- Decide whether you want to journal on paper, digitally, or through a creative medium like art or poetry. Choose the method that resonates with you and allows for the most authentic expression.

3. SET AN INTENTION:

- Before you begin, set a positive intention for your journaling session. This could be a desire for self-discovery, emotional release, or gaining clarity on a specific issue. Intentions help guide your focus during the exercise.

4. REFLECT ON YOUR DAY:

- Start by reflecting on your day or a specific event that triggered strong emotions. Write about the details, your reactions, and the impact it had on your mood. Be detailed and specific.

5. EXPRESS NEGATIVE EMOTIONS:

- Allow yourself to freely express any negative emotions you may be experiencing. Write about your frustrations, fears, anxieties, or disappointments. Use this space to release pent-up emotions without judgment.

6. EXPLORE POSITIVE ASPECTS

- Shift your focus to the positive aspects of your experiences. Identify moments of joy, gratitude, or small victories. Reflecting on positive elements can provide balance and perspective to your overall emotional landscape.

7. CONNECT WITH CORE EMOTIONS:

- Dive deeper into your core emotions. Identify and explore the underlying feelings behind your reactions. Understanding the root emotions can help you address them more effectively.

8. PRACTICE SELF-COMPASSION:

- As you journal, practice self-compassion. Be kind and understanding toward yourself, acknowledging that emotions are complex and valid. Avoid self-judgment, and allow space for self-love to emerge.

9. SET GOALS OR AFFIRMATIONS:

- Conclude your journaling session by setting realistic goals or affirmations. Consider what positive changes you can make or affirmations that empower and encourage self-love. This step helps guide your focus for the days ahead.

10. REVIEW AND REFLECT

- Periodically review your journal entries. Reflect on your emotional journey, patterns, and any progress you've made. This retrospective practice contributes to ongoing self-awareness and personal development.

Conclusion:

Journaling is a continuous journey of self-discovery and growth. By regularly engaging in this practice, you create a personal narrative that reflects your resilience, highlights your strengths, and fosters a deeper connection with your authentic self. Remember, the key is to approach journaling with openness, honesty, and a compassionate heart.

GRATITUDE JOURNAL

Take a moment each day to jot down three things you're grateful for. This simple practice can work wonders in redirecting your attention to the positive aspects of life, even amidst difficult moments. I've personally found it incredibly beneficial and enlightening, serving as a constant reminder that there's always something to be thankful for.

THOUGHT PATTERNS WORKSHEET

1. COGNITIVE RESTRUCTURING:

- **Identify a negative belief about yourself related to your pain:**

Negative Belief: _____

Evidence to the Contrary: _____

How does this contradict the belief? _____

- **List situations where your negative thought patterns led to unhelpful behaviors:**

Situation 1: _____

Empowering Belief: _____

How would your actions change? _____

- **Practice affirmations:**

Affirmation 1: _____

Affirmation 2: _____

Affirmation 3: _____

2. JOURNALING WITH "WHAT IF" PROMPTS:

- **Rewrite a painful memory with a positive outcome:**

Original Memory: _____

Positive Ending: _____