

10 THINGS WE WISH WE KNEW:

PEOPLE IN RECOVERY FROM SUICIDAL EXPERIENCES
SHARE WHAT THEY'D SAY TO THEMSELVES NOW

1

"I shouldn't be ashamed."

2

"There wasn't something fundamentally wrong with me."

3

"There is another way/path I can take when I get to that dark place."

4

"Suicidal thoughts are our brains' way of trying to regulate emotions of extreme distress."

5

"I just know nowadays if I have a suicidal thought I read it as a clue to check in with myself about what my brain is needing to escape."

6

"That there are things I could do to help reduce and cope with these thoughts/feelings that were in my power."

7

"That these feelings and urges to die won't always be that strong."

8

"That other people also feel this way in fact a lot of people have or do. I felt so alone."

9

"To say to myself 'Comfort yourself, dear one, you deserve love, care. Things will change. There are people out there who care and want to help you.'"

10

"If we could 'normalize' those thoughts...others feel this way...or even...of course you feel this way because of what you are going thru or have gone thru...but ending your life doesn't have to be the answer."