

# change your narrative



## What Is Suicide And Why Is It Believed To Be An Answer?

<https://youtu.be/qQZiHYqhILk>

Suicide is classically defined as life threatening deliberate actions taken against oneself. Though suicide is most commonly spoken of in terms of an act which is been completed, it is important to also understand the term, “suicidal ideation.”

## What is Suicidal Ideation?

**Suicidal ideation** means an individual wants to take their own life and/or thinks about suicide. This includes two types: passive and active.

**Passive suicidal ideation** means an individual wishes they could die or were dead, yet they do not have a plan or intent to make this happen.

**Active suicidal ideation** means an individual both thinks about wanting to take their own life and also has intention to do this, along with a plan to act.

For more support, tools, and resources to help you or someone you care about shift the story of suicidal ideation, visit:

**ChangeYourNarrative.org**

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## Why Would Someone Believe It Is An Answer?

Because they believe it answers the question, “How do I make this pain end?”

In the majority of situations involving active suicidal ideation or a suicide attempt, the individual involved does not want life to end—they want pain to end.

Death is concluded as the only way to end inner turmoil. The idea prevails that if one is not here anymore, they can finally escape.

Many of us don’t know how to work through pain. This is not due to incompetence or personal failure. Learning resilience is something which must be modeled and taught. We do not automatically know how to work through a grievous or mourning period of life for either wrongs that were done to us or abuse or a traumatic, challenging life circumstances. Due to a lack of developed skills in discovering language for and knowing how to mental, emotionally, and physically work through crisis or trauma—pain compounds. And pain demands to be heard. But, if someone lacks an outlet for that pain to be met, acknowledged, and validated in a way which helps it move through to actions steps to process it in a healthy way—many individuals feel helpless and in perpetual pain.

**But, I dare to believe there is another way.**

Death is not an answer—ending the pain by acknowledging it is. Only when we discover a place of healthy acknowledgment, validation, support, and key, actionable steps are we able to walk a pathway of hope.

I believe that pathway exists—and you are strong enough to find it. The goal of this booklet is to provide a light pointing in the direction of that path.

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