

# Episode Notes: page 1

## SUICIDE: THE DIFFERENT DEATH

### REFLECTION:

You fill in the blank by finishing the sentence:

*If I could share one thought today with my lost loved one, I would say...*

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### KEY POINTS:

- Being a survivor of suicide is particularly shocking and disorienting.
- Your reactions are understandable and not crazy.
- Surviving a suicidal loss and, ultimately, healing, requires traversing an especially difficult path.
- You will heal with time, guidance and courage.

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## SUICIDE: THE DIFFERENT DEATH

### STEPPING STONE:

Ask yourself: of the following symptoms, which one or two are most concerning to me right now?

- Feeling responsible
- Sensing judgment from others
- Disbelief
- Feeling abandoned and angry
- The stigma associated with suicide

Now, write about those particularly difficult feelings and/or share with a safe friend.

- Safe friends have the following qualities or characteristics:
- They don't judge.
- They don't try to fix you.
- They do listen intently.
- They do affirm your feelings.

### HEART CHECK

Date:

What have you been thinking and feeling today?

