

Episode Notes

SUICIDE: DISBELIEF

REFLECTION:

Acceptance is a primary and necessary step to healthy grieving. Yet disbelief is a natural response to a painful realization. This means we must courageously seek to satisfy our disbelief. Because only then can we take our first steps toward healing.

KEY POINTS:

- It is natural for you to question or disbelieve news of a suicide – or even deny your loved one’s death.
- Denial blocks our acceptance of the reality of the loss.
- Without acceptance, we cannot move forward on a healing path.
- Acceptance may take time and require seeking answers to questions you’d rather avoid.

STEPPING STONE:

If you remain in a state of disbelief, consider what steps you might take to accept as much of the reality of loss as possible. It may be helpful to find a trustworthy and sympathetic ally to help you take those steps.

HEART CHECK

Date:

What have you been thinking and feeling today?

