

Episode Notes

SUICIDE: STIGMA

REFLECTION:

How should a person's story be told? Should we inscribe their life's story in our hearts based exclusively on highlights or "lowlights?" Or should we give even more weight to who they were with us in the mundane and ordinary days of our lives together?

KEY POINTS:

- The societal stigma of suicide, sadly, does exist. And it is comprised by overly simplistic, conflicting and sometimes highly inaccurate beliefs.
- We are sometimes responsible for projecting stigma upon ourselves and on our loved one, more than the opinions of others.
- Understanding suicide is difficult, highly nuanced and never simple. And all too often, survivors like you are left to make their best guess as to why your loved one decided to die by their own hand.
- People should be remembered for how they lived, more than how they died.

STEPPING STONE:

- Ask yourself: Am I focused more on my loved one's manner of death than I am reflecting on our life together?

- Then consider: What do I want to remember about my loved one?

HEART CHECK

Date:

What have you been thinking and feeling today?

