



sufferingextremely

Member

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I'm going to be very honest with you. Your life belongs to you and not me or anyone else. With that said, depression over a breakup or a friendship betrayal is IMO a terrible reason to CTB. The reason is that these things come to pass. It hurts like hell in the short term, but it will go away. After it goes away there is a potential for happiness in life.

One thing that may affect you is if you have a history of severe childhood trauma. This would be physical abuse (especially the severe versions of this), sexual abuse, rape, witnessing violence or death of a family member, and other things along these lines.

When this happens to you, your brain loses its ability to regulate your emotions. It has an effect of essentially "breaking" your brain. As a result, you lose the normal coping mechanisms that allow people to deal with and work through emotionally painful or emotionally devastating events. In this condition, you may naturally think of dying, because that's the only real coping mechanism that you have left. You don't know how else to process the pain and to make it go away, but the pain will stop when you die. That's the place you can find yourself in.

When you have been traumatized like this, as a child or as an adult, it is a massive blow to your existence. It is absolutely devastating. Even still, you are far from without hope to get better. You can get treatment, where you learn new ways of living and can have some of your lost capacities restored. It will never exactly get easy, but you will have a lot of good and life can be very much worth living.

For your bipolar disorder, if you haven't been evaluated, that's step number 1. It sounds like you may possibly be self-diagnosing. You can't treat your problem until you know for sure what it is. Go to a good clinical psychologist. Psychology Today's website has a search feature where you can look for people with certain areas of focus. You may be able to find someone who specializes in bipolar disorder. It may take you up to 3 or 4 sessions before your psychologist comes to a conclusion about your diagnosis. You may have to take tests. But that's step 1, get professional help and find out if you have any condition.

If you do have bipolar disorder, you need to get medication. Depression or despair that is the result of bipolar disorder symptoms is another terrible reason to CTB. The reason is that this is very treatable, and in this case, your sadness can be thought of as an illusion. You feel hopeless, but in reality you are a far, far cry from being without hope. In reality, you have tremendous power to improve your life. You may feel worthless, but in reality there is no such thing as a human being without worth. In reality, every human being has the capacity to do good for the world and to do good for others, and this capacity is one of many objective sources of the value that resides in each and every person.

The symptoms of your condition are full of illusions like these, and medication can make those illusions go away. It will be a hard process finding the right medication for you, but it can be done. Eventually, you will reach a place where you can literally take a pill once or twice a day and feel better. It is that easy.


For discrimination, your employers are not allowed to discriminate if you live in the U.S. They are also not allowed to ask you questions about your health, except under very limited circumstances. To avoid discrimination, the first step is don't tell people about your diagnosis, particularly the people you work with. They can't discriminate against you based on something that they don't even know about.

If your employer does find out that you have bipolar disorder, one possibility is that they


discriminate against you. Another more likely possibility is that they make sure that every right you have in the workplace is respected and enforced. Discriminating against you based on this or failing to grant you reasonable accommodations that you are entitled to are both against the law, and your employer knows it. If they violate your rights, you can file a complaint. The government will sue them on your behalf; they will pay you money; they may have to pay a fine, and your employer is likely to be in the news media if they are a company of a substantial size. Being sued by the government, paying fines, and being in the news for discriminating against disabled people are things that no business wants.

The way life works is that when our conditions in life improve, we feel happy; when our conditions in life get worse, we feel miserable. If you have a mental illness, it often disrupts your ability to feel happy and also impairs your ability to take steps to make progress in your life. That's why step #1 is treatment. That gets you to square one.

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