



sufferingextremely

Member

 Oct 9, 2021

 57

Jul 12, 2023

  #5

talking can be therapeutic for some people, particularly women. Men are more likely to get over things by just distracting themselves. If you have suicidal ideation without intent to actually CTB, you likely have suffered from childhood trauma or adult trauma. This is things like different forms of child abuse, sexual assault, and rape. It is very hard to completely get rid of such feelings, if and when that is the case. You just persevere through them. It's like life is a mix of good and bad, and you accept that the bad is part of the bargain, horrible as it may be. A good therapist can help you with this a lot, if this is what applies to you. Therapy requires hard work from the patient. It is an interaction and a cooperative effort in growing and healing. It can be extremely rewarding. The hard work you put in will improve your quality of life in a very noticeable way.

In general, in recovering from wanting to CTB, you have to find the source of your problem. If you lack motivation, life feels hopeless, and nothing makes you happy, you are likely suffering from a depressive disorder. Your sense that things are hopeless, in that case, is an illusion. You can get rid that illusion through medication, which will also restore your motivation and ability to experience pleasure in your hobbies and your relationships and other interests. If you feel like you want to CTB as a result of trauma, you can do things like I described earlier.

Added to getting the right type of treatment, the thing that can contribute the most to your life, in my experience, is to work very hard on improving your life. The way things work is everything is designed to go to shit. It is a property of nature and your task is to fight it. If you fight it hard enough, you not only can stop it in its tracks, you can gain ground on it. Instead of everything going to shit, things will get better and better. Relentless effort is the key. Everyday is a battle, and you will lose many of these battles. When you do, you just get up the next day and fight that battle as hard as you can. It will be brutal and full of setbacks and disappointments. You will fall on your face 1,000 times, but you just keep fighting. Good things will happen to you and you'll be glad to be alive.

 snowcloud9

 Report

 Quote

 Reply