



sufferingextremely

Member

 Oct 9, 2021

 57

Mar 7, 2023

  #13

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.

Last edited: Mar 7, 2023

 Report

 Quote

 Reply



sufferingextremely

Member

 Oct 9, 2021

 57

Mar 7, 2023

  #15

I actually have not read your other posts, not that I recall, but I will. I'm sorry for misunderstanding you. I'm also sorry if I came across in a bad way.

For your breakup, I don't have the perfect answer, but I hope that at least some of what I've already typed helps you. I guess what I will add is that time is your friend. You will feel all of the emotions that you described and it will be painful. One strategy is to just endure it. Understand that the time when the heartbreak and emotional devastation are gone will come. You can count on that time arriving as solidly as you can count on the sun rising.

Sometimes life just hurts and it is part of our process to just suffer. It depends on the resources you have at a given time. In the ideal situation, you will be able to think constructively about it at some point. You can look at this hurtful event in your life and see what it has to teach you. You use it as an opportunity for growth and insight. However, that's not always possible, and it can be a battle of surviving one day at a time. I've been there a lot. In the past 3.5 years for so many days I've been hanging on to life with a thread. That's all I can do and I want to die constantly. When that's all you can do, that's all you can do. In that circumstance, it is important to have mercy on yourself. Having mercy on yourself is generally important for people who have suffered the way that you have (and the way that I have).

You are free to message me if you need someone to talk to. I get lost in my own suffering and go MIA from this site and sometimes from life in general, but I will get back to you. You don't have to be lonely and I know a good amount of stuff about life. Maybe I can help you.

 Report

 Quote


 Reply



sufferingextremely

Member

 Oct 9, 2021

 57

Dec 12, 2022

  #4

What country are you in? The civil commitment process is a very serious matter and there are limits to what they can do under the law. I'm only familiar with the laws in the U.S., but I do know they are sort of similar elsewhere.

If you try to ctb on such a short notice, things are likely going to be a disaster. You will end up in a hospital again and god knows when they will let you out. I'm not giving directions to do or not do anything by the way, just information.

When the police do a wellness check, they are not coming to take you to a hospital. They will be concerned with your mental status to a limited extent. They typically want to make sure that you have the mental capacity to take care of yourself (eat, bathe, etc). They will look at your overall appearance and see if you look well nourished, and they might make a note as to if you are well groomed, etc. They will obviously want to know if you have an intent to hurt yourself or anyone else. It is fairly easy to get by a wellness check.

If someone files papers on you to have you forcibly hospitalized, they don't do a wellness check, they come after you with a set of handcuffs. It is a similar process to being arrested. The main difference being that you have committed no crime.

Someone will appear before a judge or your therapist/doctor/whoever will try to file a clinician initiated process. The clinician will have less hurdles than an ordinary individual. The judge is likely to be a judicial magistrate if you live in the U.S. If the judge agrees that you meet the criteria, the judge will issue an order to have you taken into custody. That order is what gives the police the legal right to enter your residence against your consent, to handcuff you against your consent, to put you in their car against your consent, and to take you to the hospital against your consent. If the judge has not issued an order then they are not allowed to do any of this.

You seem to be panicking and being very reactive and this leads to very poor outcomes. If I were you, I'd let the police do the wellness check. I'd make it clear to them that I have no desire to harm myself or others. If somehow it turns out that they do try to hospitalize you (the odds are against this), I would act as calm and cooperative as possible. I would go without a fuss. You want to appear mentally well and in control of yourself. They can only keep you for so long before you are in front of a judge. If you've got it together, the judge will rule in your favor and you go home. It is fairly likely that the hospital will send you home before you get to the point where it is time to see the judge. Where I live, they've got only a matter of days that they can keep you.

This therapist sounds like not too much fun, but if he wants to see you 3 more times, I'd play along with that, just to get him out of your hair. One of the ways that a therapist can justify having you hospitalized is that you do not cooperate with the outpatient treatment that was recommended by the last hospital that you were forcibly admitted to. I'd ride out 3 visits if that's what it takes to get rid of that excuse.

The fact that you were excited about therapy is a sign that you would probably benefit from it. If your current therapist is not right for you, you can get another one.

If you need further information about this, just ask. It would be very helpful to know what country you are in. In the U.S. each state has their own laws, but the laws are very similar. I would be happy to look up the laws for your country. It is probably a good idea for you to look them up yourself. This civil commitment process is rife with abuse and people's rights get plowed all over routinely. I'm unfortunately a veteran of this shit. Believe me, I know real well what you're going through with this.

It would really be helpful to know what country you are in. If you're in the U.S. it would also be helpful to know what state you are in, but that's too much to disclose.

I just read this again. Your therapist is quite possibly breaking the law. If you lived in the U.S. exactly where I live, for sure he would be. It partly depends on the extent to which you have been forced into therapy with this therapist. If he can pull the "not cooperating with assigned outpatient treatment" card, then he's got you. Even there, he is not unlimited in what he can do. Forcing you to tell someone that you had homicidal ideation about him/her is total bullshit. They can't threaten you with forced hospitalization over that. That is an abuse of the legal process.

One factor that you have to keep in mind is that the people involved in this usually don't even know the law that well. They do as they please because they are dealing with mentally ill people who 1) don't know their rights, 2) can't afford a lawyer to enforce their rights, and 3) have limited credibility in a courtroom. There is no incentive for them to know the law because in practice the law doesn't exist.

I've had hospitals blatantly violate my rights and then describe the actions that violated my rights in my medical records. They are so ignorant of the law that they document their own crimes in writing and sign what they just wrote.

Last edited: Dec 12, 2022

 imbroken, MellowAvenue, Cathy Ames and 1 other person

 Report

 Quote

 Reply



sufferingextremely

Member

 Oct 9, 2021


 57

Nov 30, 2022

  #12

I am older than you. I'm in my 40s. Asking for help is not a sign of weakness and there is plenty of hope for you. I have used medication, psychotherapy, and self-study very successfully, to overcome many issues. We can't know everything in life, so it is smart to capitalize on the knowledge of others. It takes typically 10 to 12 years to get a doctorate in psychology, and then a psychologist will accumulate years and then decades of experience helping people. That is a lot of knowledge. Find a good one and it will be well worth it.

Another relationship is possible and if you don't find another one there is still plenty of happiness to be found in solitude. Your hobbies and interests can be a source of joy and also provide another opportunity to meet someone. There are girls into programming, etc. I would take up reading nonfiction books, particularly self-development books. You've got the raw material for a good life. As for being avoidant, we've all got issues of some type. Just about anything can be overcome.

 noaccount

 Report

 Quote

 Reply



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



sufferingextremely

Member



Oct 9, 2021



57

May 31, 2023

🔗 📌 #15

Your boss is working her way towards creating a legal liability for your employer. I think this would fall under the territory of the EEOC. Thus far, you have simply been insulted, and I'm not sure if that rises to any bar. If your boss has multiple layers of management above her, you should find it easy to get the situation handled. Either they give her corrective feedback or they give her the axe. If it's a small family owned business, your boss may be the owner or the owner's daughter, and it might be harder. You will know this aspect of the job.

The specific wrong you are being done is you are being treated differently due to a disability. If this rises to the level of discrimination, you have a cause for legal action against your employer, with some qualifications. The first qualification is that it is a little bit iffy if you have a disability, from the perspective of a third party. It would seem that attempts at self-harm would be indicative of a disability on its face, but I can see someone arguing with this, just maybe. For sure, if you tell your employer that you have a disability that contributed to your attempt at self-harm, that will create a situation where the various laws pertaining to disabilities apply. once you've done that, you should be able to nip this situation.

If you work in a setting where you deal with the public, your employer may be able to argue that you have to wear long sleeves due to a certain appearance being an essential requirement of the job. Employers are allowed to discriminate in a limited number of ways when dealing with essential requirements. Id say that most likely, an attempt to argue this would fail, however. You also want to note that your employer can claim a legal right to see your medical records, or get a note from your doctor, or have you examined by a 3rd party clinician, based on your self-harm scars, because this raises an issue about your ability to do your job safely. They can argue things like that this job is stressful, and they need to know if excessive stress will put you at risk for self-harm, because if it does, that means that you can't do this job without risking injury to yourself.

Discriminatory treatment in the form of getting fired, being paid less, and things like this fall under the EEOC. Failure to provide reasonable accommodations is a form of discrimination that falls under the ADA, which is administered by the United States Department of Justice. I would work with your employer and make your employer aware of your legal rights and how you are being treated. I would do this while emphasizing that you dont want to cause anyone any trouble, and that you just want a mutually respectful work environment. It sounds like this is overall a good job and a good thing in your life. Might be worth it to try to make it work.

👍 gardenofaphrodite

🚩 Report

+ Quote


↩ Reply



sufferingextremely

Member

 Oct 9, 2021

 57

Mar 3, 2023

  #18


This is horrible. You could pursue justice. Your statute of limitations may or may not be expired. In many states in the U.S., rape has a statute of limitations of many, many years or even a statute of limitations that never expires (i.e. there is no statute of limitations). You also possibly have a civil claim.

For your concern that they won't believe you, if you have that video (or can get it), that's all the proof you should need. If you were unconscious, it is rape, no matter what. In some states, a woman who is intoxicated cannot render consent, so if you are clearly drunk, it's also rape, regardless of any other circumstance. For these two, you are unconscious or you are drunk, the video itself is proof of the crime.

In the case where you are not unconscious and you do not show blatant signs of drunkenness in the video (or you can legally consent while drunk in your state), you still have a very strong case. The video is evidence and your account of what occurred is also evidence. Those 2 together amount to a very strong case. With the hard evidence of the video, you have got the hard part taken care of. Don't worry about "enjoying it." To have reactions like this is normal, nothing to be ashamed of, and is not points in the favor of the people who attacked you.

If you care to share how old you were when this happened and how long ago it was, I could give you more information. In any event, I wish you healing and I think that you are very brave for sharing this.

 Walpurgisnacht

 Report

 Quote

 Reply



sufferingextremely

Member

 Oct 9, 2021

 57

Mar 3, 2023

  #22

I didn't notice this comment before. It sounds like it has been less than 2 years. That means your statute of limitations isn't up. You most likely have one or more civil causes of action still in play. If this caused you to have PTSD, for instance, you may have a personal injury claim. You may have an intentional infliction of emotional distress claim, in lieu of that. What I'm saying here is that you could sue them and get some money for yourself. If they have a good amount of assets, you can get a lawyer for free. If they do not, you'll probably have to pay for a lawyer.

You also sound like you're young. If you were less than 18 years old at the time this occurred, the person who showed you this video and every single person who has possessed and/or watched it is most likely eligible to be put in prison for the duration of their lives. If you were under 18, the person who sent you that video has admitted to multiple federal crimes, in addition to sending you smoking gun evidence of other crimes. If that video is stored on his phone, every time he pulls it up on his phone it's another crime.

You sound like you're young and also very scared. This is understandable. You can find support. It is your choice, but you have a good chance to get justice. There is no need to judge yourself no matter what you do. I don't think that your parents will judge you for what these people did to you. If you pursue justice, it will possibly be a years long battle. Be prepared for that happening. There is also a chance that it is over quickly because you have such a strong case. My heart breaks for you, for the place you are in and for how helpless this has made you feel.

  Lost in a Dream, CringeNihilism and gnomes

 Report

 Quote

 Reply



sufferingextremely

Member


 Oct 9, 2021

 57

Oct 23, 2023

  #22

Education and skills development are the keys to so many things in life, certainly including what you describe here. You need to learn about people and relationships. Study psychology and get self-help books and courses on this topic. In everything that you learn, as you research, have a bias for things that have a scientific foundation. Not all self-help resources are created equal. Many are a waste of time. You want to learn and you want to apply your knowledge. Keep a journal where you record your experiences, what you have learned, and your progress. Set your goals regularly and measure your progress. There is a book called the 12 week year that is extremely good. There is also a book about habits. I believe it is written by a man named James Clear. It is pure gold. Prepare to be disappointed and to fail, over and over. Also prepare to make progress and to feel a sense of mastery over your life. Prepare to become immersed in what you learn. All of the above will happen, repeatedly, in your journey. When the disappointments and the failures come, you just take the blow, recover, and get right back to your goals. In baseball, you get 3 strikes and you're out. In your life, you get as many strikes as it takes. The only person who can call you out is you.

  Morana and platypusfan

 Report


 Quote

 Reply



sufferingextremely

Member


 Oct 9, 2021

 57

Dec 16, 2022

  #7

Do you have a thread where you share what got you to this point? I am sorry for your pain and your suffering.

 Lavender Dreams

 Report

 Quote


 Reply



sufferingextremely

Member



 Oct 9, 2021

 57

Dec 12, 2022

  #2

Being torn and conflicted is a sign that there's something for you in this life. 20 years of trauma to process is a lot, but it can be done. You will feel better as you go along the process. You will have immediate rewards. You will not have to process the entirety of your life before you get any benefit. A whole new self to build is a daunting challenge, but when you consider that the new self you build can be anything that you want it to be, you have a different outlook. I have spent so much of my life wanting to die, and one thing that has kept me going is that I remind myself that I can always die tomorrow. That buys me one more day at a time. In recent years, I have been devastated and my outlook has changed. In this time I have lived the majority of my life in horrific suffering. I am not torn and conflicted now, but I've spent plenty of time where you are at and my life has taught me that there is often hope that you may not see.

  gogoprince, spixs_macaw, onlyanimalsaregood and 1 other person

 Report

 Quote


 Reply



sufferingextremely

Member

 Oct 9, 2021

 57

Nov 30, 2022

  #7

You need to desensitize yourself, I think. Things that make us anxious and tense tend to make us less so the more we do them. Anxiety and depression have commonalities in brain chemistry, I think. This is presumably why medications that treat depression also will be effective for anxiety.

There are all kinds of ways to handle stuff like this. One that is very effective is to do deep breathing/relaxation exercises. Look up some hypnosis/ deep breathing techniques. What you want to do is use hypnosis and relaxation to condition yourself to not feel this way when the situation comes up.

Get into a profoundly relaxed state and think about talking to this guy. Think about the exact situation(s) that cause you this feeling, and continue to relax yourself. Do this daily, maybe even twice a day or more, if you have time.

What will happen over time is your mind and body will start to associate this situation with relaxation. You will talk to this guy and it will trigger a feeling of relaxation.

 MellowAvenue

 Report

 Quote

 Reply



sufferingextremely

Member



Oct 9, 2021

57

Oct 23, 2021

Share Bookmark #1

I have a 2lb container of 99% pure sodium nitrite. I want to end my life peacefully but am worried. This chemical has all sorts of warnings. I am worried about burning my skin, toxifying the water supply, burning down my apartment, and explosions.

I am clumsy and not good with some things.

I am also worried about failing. I don't know how much is 25mg, and I worry that my antiemetics (paliperidone and olanzapine) will not work.

Here is a plan that I had.

1: I will mix 3 teaspoons of SN with 50 ml h2o. I will first open the container and then put the spoon in it, to get the chemical.

2: with bare hands, I will close the container as tightly as I can

3: before doing this, about an hour before, I will take my Paliperidone (I am prescribed olanzapine and take it nightly).

4: I all drink the potion, having removed all clumps of SN and having the SN dissolved. I will lay down on my bed to die.

Does anyone see any problems with this plan, or think it will work? I am very worried about handling this dangerous chemical.

 patheticpartner, Dead Meat and motyxia

 Report

 Quote

 Reply



sufferingextremely

Member



Oct 9, 2021

57


Jan 30, 2022

  #18

I have thought about mixing with orange juice, but I will check the thread. This site is such a blessing.

 Report

 Quote

 Reply



sufferingextremely

Member

Oct 9, 2021

57

Mar 2, 2023

🔗 📌 #10

I've heard that DMT will scare the hell out of you. From what I heard, it is like a 5x to 10x intense trip, compared to LSD, but that it doesn't last nearly as long. I've done shrooms, lsd, and ecstasy. My advice is to stay away from all of the above.

I've had good experiences (extremely good in some cases) and bad experiences. I've had experiences that started out one way and then went the other way. LSD can make you feel like you're in heaven. It's like you step into a brand new world, and suddenly all of the drab surroundings and objects you've known your whole life become fascinating. They are suddenly brand new, and at the same time, you gain a new perspective and feel like a philosopher. You feel like the secret to the universe is just one tiny step removed from you, and you think if you just do some more acid trips, you'll find it out.

It can also cause you to have terrifying experiences, and when that happens, you are stuck with it. Depending on the dose you take and what kind of dose it is, you take a dose and whatever happens to you is going to happen over a period of 8 or 12 hours, maybe more than that. If you decide you hate this feeling, too bad. Then there is the fact that if you get caught, you are facing potential massive prison time. In the U.S., under the law, a container for an illegal substance counts as an illegal substance itself. What this means is that if you buy a 200 micrograms dose of lsd that is delivered via a piece of gummy candy (lsd is sold like this. Gummy candies, sugar cubes, etc. in addition to blotter paper. Check me on how much one dose is. I'm going off memory.), the entire gummy candy is considered LSD. Some dealers sell bags of gummy candies that have lsd absorbed in each piece. If you get caught with an lsd dosed gummy candy or (god help you) a bag of gummies, you can literally be imprisoned for life, because of this rule about containers. LSD weighs nothing. One dose is a tiny tiny fraction of a gram. This means that your bag of a handful of gummies can be considered the equivalent of dozens, hundreds, or even thousands of doses.


The next bummer is that LSD is well known to cause permanent brain damage. So is ecstasy, and almost certainly shrooms do the same. As you have already noted, they can cause you to have recurring psychoses that won't go away without medication that you will have to take for your entire life. LSD can cause panic attacks and severe depression. If you already have depression, it is almost guaranteed to make it worse. There is a new thing with micro dosing that is thought to potentially help with depression, but idk much about that. What I do know is that if you do it the old fashioned way, and take 1 or 2 or 5 or 10 blotters or gel tabs, it's going to f up your mind if you have any preexisting problems. I've saw plenty of this and experienced it myself.

It's fraught with risks and the payoff isn't close to worth it. Those genius level philosophical insights you have, the next day when you think about them, they're dumb as shit. I've heard that this wormwood oil that people trip on can cause you to have genuine insights that are very useful, but this is not the case for me or the people I've known with lsd. I remember one time I thought I'd had an amazing insight over a thought process about "if I were a fish, would I get caught." I had reasoned that I would, because when I go to the restaurant and get a hamburger, I don't check to see if there's a hook in it. This is the kind of nonsense you will think.


I'll also try to give some of the good side. IMO there is really no good side, for practical purposes, because I've seen what happens to people long term, but there are people who seem to benefit. This is mostly people who are terminally ill. There is evidence, although mostly anecdotal, that terminally ill people can come to terms with their fate through lsd and other hallucinogens. They can do so in a way that is therapeutic and that their loved ones can recognize. Then, as I mentioned before, micro dosing seems to have some amount of evidence for efficacy. I wouldn't think of trying micro dosing myself, but I can't knock anything for someone else if it really helps.

It's also good for people who have severe headaches. There are certain varieties of headaches that are abnormally intense and that are extremely resistant to typical therapies. It has something to do with brain chemistry, and lsd just happens to completely get rid of them if and when they occur.

Last thing I will say is if you have a family history of mental illness, these drugs are a definite no.

 Report

 Quote

 Reply