

# SURVIVAL OVER SUICIDE



JUNE 2006

**Offering sharing, understanding and healing for all those who have been touched by suicide.**

## Support Groups

**Mooresville** 2nd Tuesday @ 7:00pm—Jacob Ammon Building 116 S Main St. Suite 104

**Statesville** 4th Tuesday @ 7:00pm 221 E Broad St Wachovia Bank upstairs meeting room

We welcome any suggestions or contributions you would like to see in these columns.

Please contact us anytime.

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## BECOMING A SURVIVOR

How can we go on? When does it stop hurting so bad? It was once said that the hardest thing you've ever done is not burying your loved one; it's learning to live without them. Oh, the truth in those words! Allow me to share my heart with you.

All the why's, how's, if only's, etc. are something that every survivor has to work through in their own way! You will wrestle and wrestle with it and then slowly you'll begin to be OK with the fact that you may never REALLY know. You'll have to do it on your own, in your own time frame. Don't let others pressure you to hurry.

I won't tell you not to blame yourself because every survivor does. However, I will tell you that you are not to blame. In your head you may know that, but it will take a while to convince your heart of it.

Suicide isn't about us. (How much we loved/didn't love, what we did/said, what we didn't do/say, etc.) Suicide is about them.

This is something that I remind myself of all the time. My loved one is not dead, he has just moved to planet heaven. This is a temporary separation, not permanent. Thank God for that!

Don't get upset over the roller coaster of emotions and the "one step forward; three steps back" that you go through. This is normal.

I hit a real bad slump around 3 months and another one around the 7th or 8th month. These setbacks happen to most of us, so don't be discouraged. I think that's about the time the "fog" wears off and (for some) it crashes in on you all over again.

Don't be ashamed to join a support group. Studies have proven that those that keep a stiff upper lip and "handle it on their own" will develop health issues later on. A chaplain of the USC Medical Center says there is great evidence that one fourth of all patients hospitalized are there because of unresolved grief in their lives. Talking with other survivors is the best therapy there is! "The one that tries to be so strong is usually the one that struggles most with it a year or two later."

You will be forever changed by your loss. Becoming a survivor instead of a victim is something that must be worked at, and it's hard work. But one day you WILL laugh again, and it won't be a forced laugh. It seems impossible now, but give it some time. It may not feel possible that first year, but you will learn how to live with it and reclaim life again. A good life.

Parents, please remember, your other children need your love now more than ever. Often kids feel as if they have lost a sibling AND a parent; one to death and one to grief. Please don't distance your children

or take away special time, such as traditional holiday gatherings. This may be very difficult for you, but they desperately need to know you love them enough to go on with life. They need that security. And remember, they have also suffered a great loss.

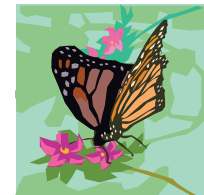
Tears are very healing, but remember that tears and grief are not the same. Release your pain and work through all the issues, but don't let depression and grief get a hold of you. It's all consuming! This isn't easy, but that doesn't mean it's no doable.

Don't expect those around you to understand what you're dealing with. Only another survivor will really understand, and it's not fair to expect more of non survivors that they can give. They can be very compassionate and kind, but they will never sincerely understand. Remember, you didn't understand either until now.

Try to be kind to yourself, even if you don't feel like it. Eat right, pamper yourself, lay down and rest even if you can't sleep. Allow yourself the time you need to heal and don't punish yourself for taking longer than you think you should need. This is a long road with MANY ups and downs.

It's not unusual for a survivor to feel such devastation that THEY begin to struggle with suicidal thoughts. The pain will not always remain that intense, and you need to give it time to heal. Don't quit! Remember you are a survivor!

Author Unknown



## Practical ways of Coping With Grief

Praying  
Walking  
Reading  
Journaling

Visiting sanctuary alone  
Talking to others  
Talking to deceased

Writing letter to deceased  
Carrying memento  
Planting a tree

Donating to charity  
Placing floral arrangement in  
sanctuary

Placing quotes on refrigerator  
Role playing

Making a photo album  
Making a memory book  
Making a memory jar  
Getting a massage  
Playing relaxing music

## REMEMBRANCES

JAMES T SPALLONE  
12/17/70 - 06/04/05

CHRISTOPHER JOHN FERRARE  
11/30/66 - 06/11/01

TONY LOFLIN  
11/08/ - 06/17/05

GIUSEPPE "JOE" COSTA  
06/30/1968 - 05/31/2005

Forever in our heart