

Somebody's Going to Miss You!

Many people marvel that I would want to leave my seven children to fend for themselves, by ending my life. But you must understand that in that state, I had convinced myself I was not good for them. In fact, *in my mind, I was a waste of existence, and I was convinced that the world would be a better place without me!*

Once I convinced myself that the world would be better off without me, it was easy to believe that nobody would miss me once I was dead. *Sure*, a few people might cry for a day or two. But it was my belief that in the end, my death would be to everyone's benefit, and they would get over my absence quickly. I'm sure that sounds ridiculous as you read it. When you look at all that I've accomplished since the last time I wanted to kill myself, on November 16, 2017, and the life I live today, clearly that was an absurd assumption to make. However, that is what I truly believed the night I lay there planning out my "euthanization". It is what every person who kills themselves or attempts to do so believes. And if you are currently suicidal, it's what you believe right now.

But I need you to hear me, and I need you to hear me well:

IT IS A LIE THAT NO ONE WILL CARE IF YOU DIE!

There are plenty of people who care about you,
and ***somebody's going to miss you if you kill yourself!***

That is one of the most powerful lessons I learned after my last failed attempt. After finding out that I had planned to end my life, I cannot tell you how many people reached out to let me know how happy they are that I'm still here! People who I thought didn't know I was alive, and people whose existence I didn't even know of, have thanked me for not giving up! People who I felt had forgotten me expressed their gratitude as well. **I had persuaded myself that nobody cared and that no one would notice when I was gone, but it was a lie. People were going to miss me, and—SOMEBODY'S GOING TO MISS YOU TOO!**

Just because people don't know how to express it, it does not mean they don't care about you. Everyone is dealing with their own pain, shame, and guilt. ***We often take things personally that have nothing to do with us personally.*** People's bad behavior and ill-treatment has **nothing to do with you!** You are simply "collateral damage" in a war they are fighting within themselves—and such is the case for us all.

I need for you to accept the fact that people are hurting, and we are all *cutting each other with the jagged edges of our broken souls.* There's nothing extraordinarily wrong with you. **It's not you.** Heck, it's not even them—***it's just life!*** I almost killed myself because I didn't understand this.

You can't keep looking for someone to *rescue you*. To defeat suicidal depression, **I had to learn to be my own hero and you will too**. In most of your darkest hours, you will be by yourself. This is not because no one cares, but instead because those who would want to help you are in their own dark hour! Please believe me when I tell you that people are giving you the best love they know how to give. However, even if someone loves you with everything in them, the problem often is that everything in them is broken. Therefore, it is imperative that you learn to love yourself.

You must give yourself the love that you desire to receive from others. And you need to give yourself something safe and positive to focus on while you go through the process of learning that self-love. You must identify at least one thing you deem worth living for. For me, that one thing is believing that God loves me unconditionally and created me for a purpose; and that everything that *happens to me* is really *happening for me*.

Whatever that thing ends up being for you, lock in on it as you search for your true happy place. Search for your joy until you find it. **I promise you; it does exist.** But to find it, *you must stop re-assigning your value and handing off the key to your happiness* to people who are not qualified to steward it. NO ONE is qualified to dictate your worth or to decide when you get to smile and enjoy living—***absolutely nobody!***

I am so heartbroken each time I learn of another suicide. It's painful to watch those who are left behind grieve. When people complete a suicide, the very people who they were so sure didn't care about them are the ones who hold prayer vigils, create memorials, and start organizations in their honor! The deep depression that those who get left behind must battle can be life-altering. There can even be a chain reaction of other suicides when loved ones who blame themselves can't cope with the guilt and pain.

You need to understand that when a person commits suicide, it's not just their own life they're ending. The pain you are attempting to escape through death becomes someone else's burden to bear, in a way that ends part of their life as well. I often think about how sad my children would be growing up without me. I think about all the people that I've made smile since the day I survived my plans to end my life. I think of all the hugs, kisses, and random acts of kindness I've shared with others that have brightened their lives. I also cherish all the happy memories I've made since then; happiness I thought I would never know. I want you to think about these things too!

I know overcoming suicidal depression is difficult. However, I guarantee that if you remember and apply these tips I'm about to share, you will always live to see tomorrow. And one of those tomorrows will eventually lead to ***your best HAPPY LIFE!***

Tips for fighting through Escalated Suicidal Depression

- 1) *Remember when people hurt you that it's not about you. People hurt you because they're broken! Forgive them, shake it off, and keep going!*
- 2) *People care about you even when they don't know how to express it! Please know that people are doing their best in their brokenness to love you, just like you're doing your best.*
- 3) *You will attract the same type of love you give yourself. If you love yourself and are kind to others, you will eventually see that same love show up around you. Patiently cultivate self-love and **you will see it manifest in others!***
- 4) *Give yourself something positive and worthy to focus on while you discover your own worth, value, and happiness. I strongly encourage you to make developing **a friendship with GOD** part of your positive focus—**HE IS CONSTANT!***
- 5) *And most importantly, never believe the lie that no one will care if you die because **SOMEBODY IS GOING TO MISS YOU WHEN YOU'RE GONE!** Fight to live long enough to prove that to yourself!*

YOUR LIFE MATTERS!

YOU DESERVE TO LIVE!

THE WORLD IS A BETTER PLACE WITH YOU IN IT!

WE'RE GOING TO MISS YOU WHEN YOU'RE GONE,

SO, PLEASE DON'T LEAVE US PREMATURELY!