

# *The suicidal nature, mindset, and lifestyle*

On the “utter misery” end of *The Emotional Health Spectrum* is what I call “escalated suicidal depression”. It is an emotional space that I refer to as “the abyss”. *The abyss* is a dark energy; a powerful sucking force that pulls you into an emotional void. I am specifying “**escalated suicidal depression**” in this instance to indicate “*suicidal depression that reaches the point of one planning, or taking action toward, lethal self-harm*”.

I want to make that distinction because the truth is, a person can live in *the shadow of suicidal depression* without ever falling to a place of *escalated suicidal depression*. That is why seeing suicidal depression on a spectrum is so powerful. When you look at it this way, you can understand that we don’t live in an *absolute state of emotion*. It’s not *either you want to live or die*. You are not *either living in heaven on earth or imprisoned in the abyss*. You are somewhere on the spectrum, and once your *state of happiness* drops below zero, you are in the first stages of suicidal depression! **Suicidal depression is not an isolated behavior or emotion.** When you get *stuck below zero* on the spectrum, it becomes **a nature, a mindset, and a lifestyle.**

- **The Suicidal Nature** is a fundamental core belief that you don’t deserve to live. It is a belief that you add little to no value and are not worthy of life, which then dominates your subconscious mode of operation.
- **The Suicidal Mindset** is a mentality that says, “*It doesn’t matter how I live.*” Your thoughts, by default, align themselves with your core nature. If a *suicidal nature* causes you to fundamentally believe your life has no value, your thoughts will align with that belief.
- **The Suicidal Lifestyle** is one in which you continually make choices that bring death to your hopes, to your purpose, and to your dreams. The *suicidal mindset* creates a *suicidal lifestyle*—a series of habitual life-sabotaging choices that result in undesirable outcomes and misery. **It is a way of systematically killing yourself.**

The more you understand *The Emotional Health Spectrum* and the nature of suicidal depression, the more effective you will be at suicide prevention and intervention. People don’t “suddenly” become suicidal. It is a progressive deterioration of emotional health that leads to escalated suicidal depression. You can be living in the shadow of suicidal depression without realizing it.

When you’ve in the shadow for an extended period of time, a sudden traumatic event can quickly tip the scales, causing you to plummet into “The Abyss”. This sometimes leads to “spontaneous suicide attempts” (*or completion*). A spontaneous suicide attempt is one that is not planned or thought out. In a moment of overwhelming despair opportunity meets desperation and the act is executed. This can happen with people who have never once had thoughts of killing themselves! If the execution is successful, their loved ones are left baffled: “*I didn’t know he was so depressed... She seemed so happy... I never would’ve imagined...*”

Understanding the spectrum will enable you to detect when you or someone you love is systematically kill themselves, long before an act of lethal self-harm is planned or carried out. Anyone stuck below zero is living in *the shadow of suicidal depression*—it then becomes a nature, which leads to a mindset, that becomes a lifestyle. Systematically killing oneself looks like suicide on a payment plan: *destructive behaviors such as eating disorders, drug addictions, unnecessary risks to your safety, an attraction to dangerous and toxic relationships, not caring about your future, and the list goes on and on...* **Pay attention to where you are on the spectrum!**

**The Emotional Health Spectrum** helps us understand that no one lives in an **absolute state of emotion**. It's not either you're so happy that you want to live forever or so miserable you want to die today. Instead, you always exist somewhere on the spectrum.

**Suicidal depression** is not an isolated behavior or negative emotion; **it is a nature, a mindset, and a lifestyle!**

- **The Suicidal Nature** is a fundamental core belief that you don't deserve to live. It is a belief that you add little to no value and are not worthy of life, which then dominates your subconscious mode of operation.
- **The Suicidal Mindset** is a mentality that says, "It doesn't matter how I live." Your thoughts, by default, align themselves with your core nature. If a suicidal nature causes you to fundamentally believe your life has no value, your thoughts will align with that belief.
- **The Suicidal Lifestyle** is one in which you continually make choices that bring death to your hopes, to your purpose, and to your dreams. The suicidal mindset creates a suicidal lifestyle—a series of habitual life-sabotaging choices that result in undesirable outcomes and misery. **It is a way of systematically killing yourself.**

**Escalated suicidal depression** is "suicidal depression" that reaches the point of one planning, or taking action toward, lethal self-harm".

**The abyss** is a dark energy, a powerful sucking force that pulls you into an emotional void; it is the emotional space associated with escalated suicidal depression.

**The shadow of suicidal depression** is the emotional space of anyone who drops below zero on the emotional health spectrum. You are already in the first stages of suicidal depression when this happens!

A **spontaneous suicide (attempt)** is one that is not planned or thought out. They happen in a moment of overwhelming despair when opportunity meets desperation. This can happen with people who have never once had thoughts of killing themselves!

Although spontaneous suicides happen, **people don't "suddenly" become suicidal**. Escalated suicidal depression is a progressive deterioration of emotional health that eventually leads to potentially lethal self-harm.

**You can be living in the shadow of suicidal depression without realizing it.** When this goes on for an extended period of time, a sudden traumatic event can quickly tip the scales causing you to plummet into *the abyss*, leading to a *spontaneous suicide*. Loved ones are then left baffled: **"I didn't know he was so depressed... She seemed so happy... I never would've imagined..."**

**Systematically killing oneself** looks like "suicide on a payment plan": destructive behaviors such as eating disorders, drug addictions, unnecessary risks to your safety, an attraction to dangerous and toxic relationships, not caring about your future, and the list goes on and on... **Pay attention to where you are on the spectrum!**