

THE GRIEF AND MOURNING PROCESS

After a death by suicide, there is a need to understand why. You need to ask that question, but you may never know the answer. A combination of significant and contradictory factors seems to be present. One result is that a survivor often seems to be hapless, helpless, and hopeless.

HAPLESS! Some people who have self-destructive tendencies also appear to have a helpless quality about their lives. One thing after another goes wrong. Such persons may over-react in a negative way and, as a result, start to feel...

HELPLESS!! He or she doesn't know how to get back on track. If one's helplessness continues and deepens, that person may become...

HOPELESS!! And so the will to live diminishes and disappears.

Other Important Factors

*** There is a loss of important relationships.

*** Introspection increases, so does self-criticism.

*** You feel an internal pressure to achieve and produce, which pressure may be brought on by an environment that encourages perfection and over-achievement, or by school or peer pressures.

*** The size and mobility of one's family can create complications.

*** One's mourning may involve a cutting of personal ties which are the source of one's value system, security, and family approval.

*** Conflicting values between what an adolescent believes and what he sees in the real world produce a situation which causes turmoil, hostility, and disappointment.

*** Biological changes take place within the body.

*** The abuse of drugs and alcohol, causing depression and the loss of control over one's life, indeed hallucinogens themselves can be a direct cause of death.

*** The mistaken belief that a suicide is the only solution, a conclusion reached after all other efforts to cope have failed.

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