

**Bipolar**

*Friend*

**on**

**SUICIDE**

PATTY ANN

# PREVIEW OF SAMPLE CHAPTERS

## **Bipolar Friend On SUICIDE**

*By Patty Ann*

*Unedited—Just Like Life*

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## Introduction

Out of the six of us siblings, two committed suicide. Yes, it is true. Even though the suicides were separated by thirty years the pain of each was still too much. The odds of one family suffering one, no less two catastrophic fates is really, almost unheard of. But, ours was selected for such a destiny. And for this luck this book was written.

There are two sides to every suicide. Those that do it. And, those who are left behind. Neither position is a happy place. There are elements to wrestle with from both sides that have nothing to do with the other side's position.

There is no place for blame inside suicide's hell. No one should put that burden on themselves, or any other. There are way too many situations, circumstances, constellations and conditions that allow this event to come to full fruition.

This guide will not enlighten you to the ways in which suicide gets accomplished. We all have unlimited imaginations thereto. The intent of these short readings

is to give perspective and lend insight that may not be well known, or perhaps popular.

This book is written from my perspective, a family survivor. What you will see here is a collection of notes and essays I once wrote. This guide wastes no one time. Lengthy articles can be found elsewhere. What you get here is raw and unedited. And so we begin.

On the side of any suicide, reasons are numerous. Here is a list of possible conditions for one to take their own life.

- Ongoing depression
- Mental illness
- An incurable terminal illness
- A personal devastation; financial, emotional, physical, or public disgrace
- Hopelessness
- Living life with the glass completely empty
- Constant thoughts of devastation
- Gloom and doom demeanor
- Impulsive and compulsive behaviors related to drugs and alcohol
- Severe psychosis and schizophrenia

- Accidental overdose
- Feeling isolated or all alone
- Economic conditions such as poverty or debt
- Physical or mental abuse
- Losing one's way and sense of life purpose
- Family history and background
- Learned behaviors

Mental illness is a leading factor and comes in many forms:

- Depression tops the list
- Bipolar disorder
- Schizophrenia, including delusions and hallucinations
- Thought disorders and cognitive symptoms
- Obsessive-compulsive disorder
- Psychosis and like kind neurosis

The reasons for suicide are plenty. The justification is none. For those who are left it is hard to make sense out of a nonsensical self centered act. Soul searching is often the consequence of those who are privy to this choice.



## Home Grown

As it happened in my family of origin, all of us siblings were crowned at birth with bipolar DNA. Through our father and our mother's mother there was no escaping this mind prison sentence. Some of us siblings raged a noble battle against this enemy. Two of us lost the war. There were no battle wounds to lick because. Just because.

Truly it's amazing how a single gene can take and twist our thoughts, then run rampant with our perceptions to wreak havoc on our minds. It's quite a marvelous act of body chemistry that railroads our good intentions into warped wishes.

Bipolar, along with most mental illnesses, cannot be cured. These innate diseases are manageable, if one desires. For the last several decades medications have prolifically abound. There are pills for every disorder and then some. While meds are a good starting point and a huge boost for inadequate body chemistry, they are not the total answer to mental health.

The most prevalent condition that enshrouds suicide is chronic depression, or a mental illness. It is easy to say someone offed themselves because they were depressed. Often depression is just the ice cap. Too many other factors go into committing suicide. Of the three I have witnessed, two brothers and a friend, all left similar good-bye notes.

A common thread was hopelessness, shame at their lives, and that each knew from a very young age something was terribly wrong: that they were capable of the horror of ending their own lives. Can you imagine

living with this thought your whole life only to make this destiny true?

For these close kin medication was not the answer. They were predestined to climb out of this dimension and into the next, no matter the cost. And it was not like they were impoverished. Quite the contrary. They simply made a conscious choice to move on. Nobody could stop them. Believe me I tried.

A person often wonders what good is a person's life when they throw it into the wind. When it is said and done, what is a person's life worth? Many folks believe that this life is not all there is. That we are multidimensional beings living out our karmic commitments in this human dimension. Our souls are here to bring lessons to each other that we can only experience on earth time. And, some of these experiences come in the form of suicide.

Whether this logic makes sense to you or not, it does merit a kernel of truth. Regardless of your religious beliefs we are all on a path of ascension leading to a higher cosmic awareness through our collective consciousness. But, truly it is crushing that some of our souls must experience this act or endure such



devastation. Especially when it appears that by all practical means, suicide is quite avoidable.

I will end my introduction at this spot and turn you over to the rest of this book. These essays were written upon reflection over my late brother's decision. This tells a story of Bob, my beloved brother—and those of us who were left behind.

I now give you a glimpse into our world.

**Thank YOU for Previewing**



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Page 9

**Bipolar Friend On Suicide**

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## ABOUT THE AUTHOR

Patty Ann is a life-long educator who has taught college, high school, and was an Instructional Designer who wrote training for corporate development. Now Patty authors a variety of genres. From fiction and non-fiction, to real life use-it-now lesson books.

Patty is an avid animal lover. All her book proceeds benefit animal welfare through her **Patty Ann's Pet Project** a 501(c)(3). Purchase more thought provoking books and/or contact Patty through her website at **PattyAnn.net**. Thank you!

