

Suicide methods essay sample



**ASSIGN
BUSTER**

Real or fictional characters think suicide is the only answer to their problems these days. Suicide is a major issue among all people but mostly teens in the world today. When suicide is discussed in school or anywhere else people take it very seriously because they will at least know two people that are thinking about attempting it. Most adults commit suicide when they are going through hard times, or stress. “ You have a choice. Live or die. Every breath is a choice. Every minute is a choice. To be or not to be” said by Chuck Palahniuk. The quote means you have a choice either you want to be alive or not it’s your decision. People that are planning to do suicide don’t usually talk about their feelings and are hurt inside. But others need to see and talk to them about it to get them out of that funk. People who do suicide are probably going through hard times and the cause of suicide are most likely stress, depression, embarrassment, loneliness, love problems, household problems, loss of loved one, and low self-esteem. People think that suicide is the best thing to do; they tend to reflect their feelings with actions rather than words. Teens have to deal with making tuff decisions and peer pressure every day.

Some don’t share it with others and do something without thinking how their families and friends will feel about it. I read a book called “ Tears of a Tiger” in the book the main character is going through a depression after loss of his best friend in a car accident. He was not able to focus in school and commits suicide. People commit suicide because of the loss of loved one, but don’t see how the person who died will think if they were alive. Some people commit suicide because they have been bullied or have an embarrassment. For example there is an article about a student that was bullied online by

another student that made a fake account on MySpace and bullied her. The girl that was bullied ended up hanging herself because of just one person that said something very negative. Just one word or action can bring a person to commit suicide. Regretting their past leads to committing suicide, but if they regret it in the first place why they made decision to do it. This could relate to "Julius Caesar" by William Shakespeare.

In "Julius Caesar" Brutus and Cassius tell others to kill them because they retreated killing Caesar. Cassius tells someone else to kill him because he thought his best friend had died. Brutus kills himself by running into a sword. Brutus and Cassius thought about all the negative stuff and after killing Caesar they were scared that Antony and his men's will kill them. People commit suicide cause of the fears they have and think they won't get over the fear. The other thing that happens in "Julius Caesar" that relates to suicidal is Portia committing a suicide because of the loneliness that she had. She felt like she was lonely because her husband didn't share the plan he was going to do. She ended up committing a suicide by swallowing hot coals. Chuck Palahniuk ones said "You have a choice. Live or die. Every breath is a choice. Every minute is a choice. To be or not to be." This quote in many ways relates to suicide. The quote is basically saying every day you're faced with the choice to give up or pass it. Every day we make choices some are easy but others are harder to make and may affect us for the rest of our life. All of us go through stuff and have hard times but doing suicide is not always the best answer.

If we know someone that is thinking about it we need to get them out of the fuck. Others need to reach out to ask them and tell them what they think is a

<https://assignbuster.com/suicide-methods-essay-sample/>

good choice. We could give them advice and opinion but at the end it their choice to be alive or not to be alive. Therefore, suicide is something that is mostly done when real or fiction characters face problems, either small or big. Is suicide the only answer to the problem? Not always, suicide can sometimes be done over the things that could be sort out if you talk to someone. When people commit suicide or have thoughts of doing it they don't talk too others for weeks and are in a depression mood.

Most people that are thinking about it won't share their feelings, but that's when someone has to bring the issue up to them and ask them about their feelings and them you care about them. Everyone had mood swings and habits change but when they seem to be depressed for more than two weeks, something is seriously wrong with them and the thoughts of suicide are in their mind. Suicide is caused by stress, depression, embarrassment, loneliness, love problems, household problems, loss of loved one, and low self-esteem. We could give them advice and opinions but it their choice just as it is said by Chuck Palahniuk that " You have a choice. Live or die. Every breath is a choice. Every minute is a choice. To be or not to be."