

Free essay on suicide: as a self made monster

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A monster is a type of creature that is mainly found in fictional writings or motion pictures. Monsters are creatures that have some of the features of a human being, but they also have some extraordinary features. In most of the fictional movies and books, monsters are portrayed as creatures that are not pleasant to the human eye. As a result of this, when people are reading books or watching movies that have characters that are monsters, they normally tend to develop a lot of fear and anxiety (Eagen, P 42). In most cases, this normally happens when the person watching such a movie is in the house, and he or she is all alone. Reading books that contain such characters can also make an individual have nightmares in the course of the night as they are sleeping.

On the other hand, monsters can be defined as activities that are based on going against morality. Such activities are perceived by the society to be evil. A monster is commonly morally offensive, psychologically or physically hideous, or a freak in character. Figuratively the term monster can be used to refer to a person who displays characters that are considered to be selfish and sometimes inhumane (Asad, P. 91). An example of one of the persons that many have considered him to be a monster is the late Adolf Hitler. This is because he subjected Jews to death through putting them in steam chambers. In addition to that, during his lifetime Hitler is infamous of killing millions of Jews and Germans. The display of such character traits greatly influences people to consider such an individual as a monster. There are also other people who are considered to be monsters. The following is a list of such persons: Osama Bin Laden, Sadaam Hussein, Felician Kabuga, and Joseph Konyi among others.

What is your theory on/of the monster?

This paper seeks to discuss suicide as a self made monster. Suicide is an act of brutality whereby an individual takes his or her own life. Suicide is not something that has started happening in the recent years. It is something that has been happening over many years. There are various ways through which an individual can take away their own life. People use different techniques when trying to take their own life (Berne, P. 49). However, regardless of the technique used in order for a murder to be considered suicide it has to result from personal initiative. The dead person should be the one who is found guilty of taking away his/her own life. Murder is a situation whereby an individual takes away the life of another person. This serves to elaborate the main difference between a murder and an act of suicide.

People end up taking way their own life as a result of various reasons. One of the major reasons why people take away their own life is the existence of too much stress. When a person is subjected to high levels of stress such an individual tends not to be happy about life. If the subject matter that is stressing him/her remains constant, the individual may look for ways through which to handle the situation (Holmes, P. 27). This will make the individual indulge in a lot of research in order to establish possible ways of how he/she can deal with the subject matter that is stressing them. In most cases, such a person will seek for help from close friends, and family or anybody whom he/she thinks can be able to help them deal with the prevailing situation. Upon establishing various possible ways of dealing with the prevailing stress, such an individual is likely to commence experimenting on the practicability

of those solutions. He/she will continue implementing most of the possible solution with the hope that at least one of these solutions will turn out to be effective at dealing with the prevailing situation (Joiner, P. 78). Sometimes these solutions tend not to be effective at enabling an individual to deal with the stressing situation. As a result of this, that person continues searching for more solutions until he/she finds at least one that is effective or gives up searching for one.

There are times whereby the individual may be fortunate enough to be able to find a good solution to his/her problem. However, there are also certain times whereby an individual is never fortunate enough to be able to find a good solution to their problem. During instances whereby an individual is fortunate enough to find a good solution, this enables the individual to relieve his/her stress (Krans, P. 60). However, in the event that a person fails to find a good solution to his/her problems this aggravates the individual a lot more thus leading to an increase in the levels of stress. The increase in the levels of stress can be coupled with frustration and feelings of hopelessness.

During this stage, the manner which a person deals with their prevailing levels of stress is critical to the life of that person. This is due to the fact that there are people who are able to handle high levels of stress, whereas there are people who cannot be able to handle high levels of stress. People who are not capable of handling high levels of stress may decide to seek the help of a counselor, close friends, and/or family. The kind of choice that a person makes largely depends on their experiences as well as their personality. For individuals who are extroverts, it is most likely that they will choose to seek

help. However, for those individuals who are extrovert it is most likely that they may decide not to share whatever is stressing them (Larch and Cobain, P. 25). As a result of this, the levels of stress may continue increasing leading to a situation whereby an individual completely hates his/her life. At this stage if proper guidance does not take place such an individual may commence having suicidal thoughts. Upon the development of suicidal thought, the an individual will look for various ways through which he/she can be able to take away his/her life. In the event that they find a way that they deem fit for fulfilling this particular course, it is most likely that such an individual may end up taking away their own life.

What do you think Monsters look like today?

There are various reasons that would make an individual take away their own life. One of the most common reasons, why people commit suicide is depression. When an individual is depressed it is most likely that they will develop a negative attitude towards life. This is due to the fact that depression originates in the course of carrying out various activities in life that an individual considers being important to them. In the event that an individual is failing to achieve goals and aspirations that he/she considers to be important, they are most likely to end up being depressed (Williams and Mark, P. 56). This is because they might be putting a lot of effort and sacrifice in order to be able to achieve their goals and aspirations. Such people tend to derive a lot of importance to the accomplishment of a specific task to the extent whereby they cannot be able to imagine life without achieving their objectives. Such a person will continue to strive to achieve his/her goals and aspirations to the point whereby he/she will achieve them

or give up on achieving them.

There are times when an individual may take relatively more time in order to be able to achieve a certain task. During such a situation the individual may end up being frustrated. More especially if his/her friends or colleagues have been able to achieve this same objective within a relatively short period of time. There are also times whereby an individual may keep on trying to achieve a particular task, but they are completely unable to be successful (Schleifer and Huddle, P. 92). During such a situation, the degree of frustration to be generated largely depends on the level of effort that the individual has put. It also depends on the level of importance that the individual has placed on the accomplishment of that task. In the event that an individual had put a lot of effort towards the accomplishment of a task then he/she fails, it is most likely that they may end up feeling immensely frustrated. In the event that an individual had attached a relatively high degree of importance towards the accomplishment of a specific task and then he/she fails, then that individual is likely to end up being frustrated. The manner through which such an individual handles the frustration will have great implications on the life of that person. If he/she is able to deal with the stress properly, it is most likely that the individual will be able to move on with life and develop a positive view towards life (Berne, P. 73). On the other hand, in the event that the individual is not able to deal with the stress properly he/she might not be able to move on thus leading to a lot of resentment and frustration. Such an individual is likely to resent living thus leading to him/her taking away his or her own life.

The second most common reason why an individual is likely to take away

their own life is drug abuse. Drug abuse leads to a situation whereby an individual destroys his family as well as depletes his or her financial resources. In addition to that, a person who abuses drugs is cannot live without using the drugs thus leading to a situation whereby they are always willing to do anything possible in order to be able to procure the drugs (Joiner, P. 35). Drug abuse is prevalent in the society especially amongst the youth. This is mainly due to the fact that most of the youths are victims of the rave culture.

In the course of raving activities, most of the youth as well as older people engage in a lot of drug abuse. This is because the majority of these events are held in venues where people do not uphold the rule of law pertaining to drug abuse. During some of the raving activities, people under the legal drinking have access to alcohol. As a result of this, the young boys and girls are exposed to alcohol and drug at a tender age. If such children do not get proper guidance early enough, they are more likely to become drug abusers and consequently drug addicts (Berne, P. 80). Some of the European countries especially Scandinavian and Western European countries have over the years lowered the legal drinking age. As a result of this, young boys and girls are able to acquire alcohol from shops and other legal distributors. Drinking and alcohol abuse have been rampant in these countries however authorities are reviewing the existing laws in order to ensure that the youth do not jeopardize their lives. This is largely because the youths are seen as the leaders of tomorrow as well as they are perceived to be the backbone of the economy.

Drug abuse has led to the destruction of many young people. This is because

when most of them commence abusing drugs they tend to drop out of school. Some of them who are working tend not to carry out their duties at work with the level of seriousness that the work requires as a result of this they end up losing their jobs. After several years of drug abuse, some of the drug abusers tend to start regretting that they might have destroyed their life and their future. During this time, if such a drug abuser is not given a proper counselling they commence resenting their lives and they develop suicidal thoughts (Schleifer and Huddle, P. 45). If they completely do not receive some counselling or they end up getting help when it is too late, it is most likely that they will end up taking away their own life courtesy of the frustrations that they have in life.

How are the monsters to be treated?

Suicidal thoughts are a form of negative thoughts that are brought about by the prevalence of certain conditions. The existence of these conditions is what makes an individual to develop suicidal thoughts. It is imperative to take note of the fact that suicidal thoughts can not only be attributed to the prevailing distressing conditions. This is because suicidal thoughts are also brought about by the manner through which an individual perceives a situation (Marcovitz, P. 56). This implies that if an individual that has suicidal thoughts is taken through counselling, it is very likely that the individual is likely to reform. However, it is imperative to acknowledge that counselling does not guarantee that the suicidal thoughts will disappear completely. This is because in such a situation counselling is geared towards influencing the mentality of the victim in order to change the manner in which he/she perceives situations.

What can monsters do for you and me?

When an individual takes away their own life this process is not reversible. This is because there is no technology that has been developed that is capable of restoring the life of a human being. In the event that a person takes away his/her own life, he/she will leave a family that is distressed, and this is because they will be trying to establish the reason why the individual chooses to take away their own life (Williams and Mark, P. 40). The family and friends of the deceased will be left in grief as a result of a person who was close to them taking way their own life. In a situation whereby the person who has committed suicide was the bread winner in that family, that family is likely to start experiencing financial difficulties.

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