

# Suicide

[Business](#)



Imagine this: You have a lot of things going on, you don't know how you feel, and you're always depressed. You don't think anyone loves you or cares about you, and you just want to escape from all of it, but nothing seems to work.

You're never happy, you always seem to make people think you're okay and you're really not. You try to smile things off so you can cover up the damage. You wish the pain and the anger can just go away. You've tried so many things to keep yourself out of the wrong mindset and the wrong thoughts, but committing suicide is all you seem to think of. Do you ever plan on talking to someone about it? What makes you think you should commit suicide? Why do you think this is the solution to a problem that can be fixed? It can be fixed if you just express how you feel and what you're thinking, no one can help if you're holding yourself back. There is many ways to overcome yourself becoming suicidal.

I truly believe that the best ways to not harm yourself or anyone around you is to, be who you really are, don't let anyones opinions hurt you, just do what you have to do to keep that smile on your face. At the end of the day your happiness is all that matters. You can make people happy and smile but you have to remember that you are what counts. You can't control your feelings or your anger and you can't hide forever, eventually you'll see that you're a much better, beautiful, and stronger person in the inside and the out. If you don't think that then you should know that you're beautiful in someone's eyes, you can't give up on your dreams or even yourself.

Just understand that you are not alone and you never will be. One reason I think you should love what you do, is because not a lot of people enjoy what they do in life. If you ever find that talent or gift, you should love it and and be happy about it no matter what you do. Not everyone was made with a talent, some do have a talent maybe even more than one talent. So you should work on yourself and build your self confidence.

Before I start on my reasoning, i want to introduce you to the poll I've took in class. There is a total of 25 students including my teacher. Now I have asked my friends " have you ever thought about suicide?" about half of the class has thought about suicide. It was very hard to hear such thing coming from friends that I thought was " okay". Why not use happiness as a shield of becoming suicidal? Stop letting people hurt you and bring you down.

They only want to bring you down because you're above them. There's so many teenagers and maybe even younger kids, are going through the same thing, they are feeling the same way, they are thinking the same thing. You're not alone and don't ever think you are. Just because someone called you a name that you dont like, doesnt mean to turn around and fail and give up. It's just telling you to keep doing you, keep succeeding and don't ever back down. Nothing should stand in your way, cause no one can stop you from becoming the best person you can ever be.

Don't let the words haunt you because words shouldn't hurt or mean a thing to you. I don't have to even look at you and not say you're beautiful cause you are. You're life isn't a movie dont end it. Another reason I think believing in yourself can help overcome suicide is because if you don't believe or have

faith, there's no effort on what you're trying to accomplish or what you're trying to achieve in life. Believe in what you do and every step you make, you support it. You support yourself, because nobody will understand of how you feel besides you.

Take a good look in the mirror. What do you see? How do you feel about yourself? You don't have to feel anything you just have to believe. Being perfect isn't really something you should be, i think being yourself is what makes you perfect. Doing what you love makes you happy. Forget about the past, don't stress about the future, let's talk about right now in the present life. You can be whoever you want, you can have all the money in the world, but that all starts with you and what you believe you can do.

Everyone can do it, everyone can succeed if they put their mind, time, and effort in it. You shouldn't feel unhappy or depressed cause the ones who gave you life obviously thinks you're one of a kind. You may think you're hurting yourself but you're hurting the ones that loved you from the beginning and never stopped loving you. How do you think they'll feel? I think you should try and try everyday. Find who you truly are and when you do find who you are, don't give up, keep working hard , and don't think negative about yourself.

Because you're only hurting yourself. People who think or even attempted suicide... why? What makes you think no one cares? When you think nobody care's about you how do you feel? Now what makes you think that you're the only one who feels that way. You shouldn't care about what others say. If they don't like you that's their issue. When you're feeling down i think you

should talk to someone that clearly understands you, and someone you enjoy talking to. Keep those deadly reminders out of your head and keep moving forward.

” people who die from suicide, dont want to end their lifes they want to escape from the pain.” ( “ helpguide. org” 2013 ) a suicidal person can’t see their way or find relief except through death. Suicide doesn’t end the chances of life getting worse, it eliminates the possibility of it getting better. In other people’s opinions, say that suicide is something we shouldn’t care about. Well, suicide is something no one should think about because there’s so many beautiful things in life that i know you wouldn’t want to miss.

Live your life to the fullest and don’t cut it short because you have a whole life ahead of you. In conclusion, you can’t always hide from the pain. You can’t control your mind, your thought’s, or even your feelings. But you can’t let these people or things ruin you. You need to set your mind straight, keep pushing forward and never look back.

Stop letting words distract you from becoming who you are. Help those who are in need, show them that you do care and that you can be someone he/she can count on cause you never know what they’re going through now and days. Also, remember to keep yourself happy and always stand up for yourself no matter what situation you’re in. Keep in mind that maybe a smile or a simple “ hi” can brighten someone’s day. I think every person on this earth deserves to live freely, happy, and equal.

So believe in yourself, love who you are, and trust your instincts. No matter what they say, words can’t bring you down. Always keep that beautiful smile  
<https://assignbuster.com/suicide/>

on your face, no matter what anyone or anything that can hurt you bring you down. Stay strong, stay true, and be you. Don't worry about the past, don't stress about the future, and just think about what you're going to do right now to make you a better person in the future than you were in the past.

Work Cited: Jeanne Segal.

“ Help Guide: suicide.” Help Guide. H. P. September 9, 2014. Web.

May 4, 2016.