40 Suicide Prevention Wisdoms

Realize...

- 1. empowerment is birthed from emotional intelligence.
- 2. you have much to learn...you have more to unlearn.
- 3. if you are out of touch with yourself you cannot touch another.
- 4. any character defect you recognize is already half corrected.
- 5. our mistakes are our greatest opportunities for growth.
- 6. it's ALL personal...but don't take it personally.
- 7. popularity is not always the best thing.
- 8. you must move away from inferior elements because they make you feel inferior.
- 9. when you are down go to a happy movie.
- 10. it is important to find people who feel better than you do.
- 11. drugs can kill.
- 12. grieving for someone who has died creates an opening for your own potential.
- 13. if you trust, you won't be depressed if you're depressed, you are not trusting.
- 14. it is good to love for the sake of loving, not being loved.
- 15. it is imperative to fight darkened thoughts with strength and optimism.
- 16. though life can only be understood backwards it must be lived forward.
- 17. happiness can only be obtained if you do not have attachments.
- 18. success is found through determination and lost through confusion.
- 19. endings are also beginnings.
- 20. without love, life echoes emptiness, therefore love whenever you can.

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- contentment comes from accepting life on life's terms. 21.
- there is nothing worse than an unfinished life. 22.
- the simple things are the most profound. 23.
- 24. animals are the closest thing to the heavenly plan for humans.
- 25. too much of anything is truly too much of everything.
- when someone leaves you, it usually means somebody better is coming. 26.
- 27. success can only be achieved through failure.
- though you must use your head, the best decisions come through your heart. 28.
- obstacles are overcome by understanding the reasons behind them. 29.
- 30. it is best to use judgement without judging.
- 31. people will love you the way you love yourself.
- you will love yourself more by loving others. 32.
- 33. without truth nothing can grow and thrive.
- hope will keep you going when everything else fails. 34.
- 35. you are important - no matter what you think.
- darkness can only materialize if you let it. 36.
- 37. peace of mind comes when you know the only thing you can control is yourself.
- fear can create trouble, yet it can be the thing that will keep you out of trouble. 38.
- 39. anger can be used for great change, when used properly and intelligently.
- the urgency of believing in miracles when things feel the most miserable. 40.