

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