Twitter Thread by CinPA

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I lost my husband to suicide in March. This helps me understand that, while we view it as an intentional act, it's actually a sickness. I don't know who to attribute it too. I'm so very sorry for your loss. ❤

> For most suicides, this is not true. A person dying of suicide dies, as does the victim of physical illness or accident, against his or her will. People die from physical heart attacks, strokes, cancer, AIDS and accidents. Death by suicide is the same, except that we are dealing with an emotional heart attack, an emotional stroke, emotional AIDS, emotional cancer and an emotional fatality.
>
> This comparison is not an analogy. The two kinds of heart attacks, strokes, cancers and accidents are indeed identical. In neither case is the person responsible for his or her own death nor in neither case does the person leave this world of his or her own will.