

Suicide Prompts

'Introduce yourself, share the first name of the loved one you are remembering today, and tell us one small thing—a small act of kindness, a moment of quiet, or a feeling of hope—that brought you a brief sense of safety or peace this past week.'

Week 1

'Share one emotional experience you had this week, and identify whether it felt driven mostly by the deep, sad ache of Grief, or the frantic, overwhelming confusion and panic of Trauma. Which backpack felt heaviest this week?'

Week 2

'Describe one moment this past week when you were fully and painfully immersed in the sadness (Loss Orientation), and one moment when you were successfully distracted or focused on rebuilding (Restoration Orientation). What lie did the guilt tell you during that moment of distraction?'

Week 3

'Share one specific instance this week where you felt the need to censor your true feelings or lie about the death. And what is one small thing you can commit to doing for yourself this week that requires you to put down the burden of carrying that secret, even if only for five minutes?'

Week 4

'What is the hardest, most specific truth about the LE culture (stigma, silence, etc.) that you feel failed your loved one? And what is one way you have had to actively censor your anger at the agency or the culture since the death?'

Week 5

'What is the hardest truth about the abandonment or rejection you feel (your spiritual injury)? And share one contradictory feeling you had this week—a moment of intense love mixed with intense anger—and how you managed to hold both without judgment.'

Week 6

**'What is the most persistent 'If Only...'
statement that continues to haunt you?
And what is one factual reason, based on their
profession or illness, that makes that 'If Only'
statement an impossible, unfair burden for you
to carry?'**

Week 7

'What is the one positive quality of your loved one that you refuse to let the suicide take from you? And what is one new, small ritual (internal or external) you will create this week to channel that specific trait into a life-affirming action?'

Week 8

'What is one task or chore you have been actively avoiding (Pillar 1)? And what is one specific intrusive question you fear hearing, and how will you use a rehearsed "Script" to protect your boundary this week?'

Week 9

'What is one single, small thing you have learned about your own strength in this process, and what is one promise of self-care will you commit to upholding during the next major holiday or anniversary date?'

Week 10