

Suicidal mind

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I haven't read any books on suicide before. So I thought this book was pretty interesting and it gave me a lot of good information on suicide. This book made me realize that there are many "commonalities" between suicidal people. The states that the common emotion in suicide is hopelessness-helplessness.

Dr. Shneidman concludes that the best way to understanding suicide is not through the study of the brain structure, nor study of social statistics and mental disease, but through the study of human emotions. Dr. Shneidman believes that those persons who commit suicide do so to either put a side or to stop unbearable psychological pain, due to the constant [frustration](#) for important psychological needs. The psychological needs that Dr. Shneidman mentions, were first described by Henry A Murray in Explorations in Personality (1938). According to Dr. Shneidman, suicides are partially part to one of the five number of frustrated psychological needs: (1) prevented love, acceptance, and belonging: (2) fractured control, and predictability: (3) assaulted self-image and [avoidance](#) or shame: (4) ruptured key relationships and attendant grief: (5) excessive anger, rage and hostility. Suicide isn't so much a factor of the psychological needs but frustration caused by basic

needs for that person to function. In general a therapist's or psychotherapist's goal is to recognize a suicidal patient's needs. So the therapist can help the patient see the other alternatives instead of suicide.

Dr. Shneidman uses three cases from the files of a UCLA thanatologist. That showed, that killing oneself is not easy. The first case is about a lady called [Ariel](#)

Wilson, who chose self-immolation, but survived with really bad burns on her body.

Ariel's central need was succorance, the need to be taken care of, loved and succored. In the second case is a lady called Beatrice, who wrote out her life story while she was Dr. Shneidman's patient. Her method of suicide was knives and starvation. She was a very different case to Ariel Wilson. Beatrice had a great need for order, sanctuary, and a world that she could depend on, but what mostly showed of her intense need was how she was born with fear and anxiety.

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