



depression puts a filter on the persons thinking that distorts things. That is why depressed people dont realize that suicide is a permant solution to a temporary problem in the same way other people do. Teens with depression may feel like there is no other way out of problems, no other escape from emotional pain, or no other way communicate their desperate unhappiness. Sometimes people who feel suicidal may not even realize they are depressed. They are unaware that it is the depression-not the situation-that is influencing them to see things in a "there's no way out","it will never get better","there's nothing I can do"kind of way. When depression lifts because of the right help, the distorted thinking is cleared. The person can find pleasure, energy, and hope again, but while someone is seriously depressed, suicidal thinking is a real concern. People with a condition called bipolar disorder are also more at risk for suicide because their condition can cause them to go through times when they are extremely depressed as well as times when they are abnormally high or frantic. Both of these extreme phases of bipolar disorder affect and distort a person's mood, outlook, and judgment. For some people with this condition, it can be a challenge to keep problems in perspective and act with good judgment. Teens with alcohol and drug problems are also more at risk for suicidal thinking and behavior. Alcohol and some drugs have depressive effects on the brain. Misuse of these substances can bring on serious depression. Ther problem can be made worse because many people who are depressed turn to alcohol or drugs to escape, but they may not realize that the depressive effects alcohol and drugs have on the brain can actually intensify depression in the long run. Alcohol and drugs alter a person's judgment. They interfere with the ability to assess risk, make good choices, and think of solutions to problems. Many suicide attempts occur when a person is under the influence of alcohol or drugs.This doesn't mean that everyone who is depressed or who has an alcohol or drug problem will try to kill themselves, of course, but these conditions — especially both together — increase a person's risk for suicide. Sometimes a depressed person plans a suicide in advance. Though, many times suicide attempts happen impulsively, in a moment of feeling desperately upset. A situation like a breakup, a big fight with a parent, an unintended pregnancy, being outed by someone else, or being victimized in any way can cause someone to feel desperately upset. Often, a situation like this, on top of an existing depression, acts like the final straw. Some people who attempt suicide mean to die and some don't. For some, a suicide attempt is a way to express deep emotional pain. They can't say how they feel, so, for them, attempting suicide feels like the only way to get their message across. Sadly, even when a suicide attempt is a cry for help and the person doesn't mean to die, there's no way to control it. Many people who really didn't mean to kill themselves end up dead or critically ill. Being a teen is not easy. There are many new social, academic, and personal pressures and for teens who have additional problems to deal with, such as living in violent or abusive enviroments, life can feel even more difficult. Some teens worry about sexuality and relationships, wondering if their feelings and attractions are normal, or if they will be loved and accepted.Others struggle with body immage and eating problems trying to reach an impossible ideal leaves them feeling bad about themselves.Some teens have learning problems or attention problems that make it hard for them to succeed in school. They may feel dissappointed in themselves or feel they are a dissappointment to others. We all struggle with painful problems and events at times. People get through their problems by staying connected to family, friends, school, faith, and other support networks. People are better able to deal with tough circumstances when they have at least one person who believe on them, wants the best for them, and in whom they can confide. Most people dont understand this, but i do. If anyone feels like this relates to them, I am here to let you know you can talk to me. I will listen and will not judge because i went through depression and am still some what goin through it, but it is not as severe as what it was. So i understand a lot. Please come talk to me before you think about killing yourself. I'm here 2 help save lives like someone saved mine.

Warped & Twisted

Current mood: 😞 depressed

Category: [Life](#)

Harsh words & violent blows  
Hidden secrets nobody knows  
Eyes are open, hands are fisted  
Deep inside I'm warped & twisted  
So many tricks & so many lies  
Too many whens & too many whys  
Nobody's special, nobody's gifted  
I'm just me, warped & twisted  
Sleeping awake & choking on a dream  
Listening loudly to a silent scream  
Call my mind, the number's unlisted  
Lost in someone so warped & twisted  
On my knees, alive but dead  
Look at the invisible blood I've bled  
I'm not gone, my mind has drifted  
Don't expect much, I'm warped & twisted  
Burnt out, wasted, empty, & hollow  
Today's just yesterday's tomorrow  
The sun died out, the ashes sifted  
I'm still here, warped & twisted

[18:38](#) - [0 Comments](#) - [0 Kudos](#) - [Add Comment](#)

20 Mar 2008

Death

Current mood: 😞 blah

Category: [Life](#)

It's funny how people say life goes on, but for some it ends right then and there. Some people die of a bullet to the chest or a stab to the heart. However sometimes the cause of death is much more serious. It was something that was killing them ever since they were born, but no one ever realized it. Even after the people die, sometimes they still don't understand why they did. Well it's not a medical problem. If it was doctors would have found it. There is no cure for it, but one. However, sometimes the cure will disappear and kill them in the end. This problem is life itself. The cure is finding love. The only problem is if you lose that love, then it would kill you. You would be lost in a daze and not know what to do. The only thing you can possibly do is try to find that one person you are willing to let hurt you, but they wouldn't. So take this advice and figure out what you want to do, die slowly or take a chance and be willing to get hurt. You never know what you could possibly get out of it.

[10:57](#) - [0 Comments](#) - [0 Kudos](#) - [Add Comment](#)

Anyone have the answers to these questions??

Current mood: 😞<sup>???</sup> confused

Category: [Writing and Poetry](#)

How can he say one thing

**But do another?**

How come I want him to stop

**But I want him to go further?**

How come I can't stay mad at him for all that long

But can be upset with him for hours at a time?

How come I don't care what he does

But I think about him all day long?

How come I hate him for what he said

But love him for what he does?

How come I never want him to let me go

But still want to be left alone?

How come I love the way he kisses me

But don't know if its right?

How can I be confused

But know what I want?

How can I show him I care

But not scare him away?

How come I know how he feels

But we still aren't together?

How come he knows I like him

But still won't ask me out?

How can I tell him all this

But not be scared to?

[10:35](#) - [0 Comments](#) - [0 Kudos](#) - [Add Comment](#)

16 Feb 2008

I LOVE HIM

Current mood: 😞 depressed

Category: [Life](#)

Every time i see him, All i want to do is cry, He just doesnt understand, I never told him a lie, I love him, And i thought he loved me back, But i guess i was wrong, Because he made me pack, This pain is way to real, I live with a heavy heart, I hope that he knows, I loved him from the start, Im trying everything, To get him to see, That im still in love with him, And i hope hes still in love with me, I cant take it anymore, I want him to know, I cant live with out him, And i hope that he knows, I can hardly breath, He just doesnt understand, I dont need a friend, I just need a helping hand.

09 Feb 2008

How Many People.....??

Current mood: 😞 depressed

Category: [Life](#)

How many people do you think would cry over your death and be upset for the rest of their lives because you died?? How many people do you think would cry at your funeral but then a couple days later be completely fine and just move on with their lives?? How many people do you think actually know the pain you are going through or the pain you went through?? How many people do you think will laugh after you die and say "its about damn time"?? How many people do you think actually care about you and care about when you die or what happens to you?? How many people do you think actually live each day to the fullest because they never know when they are going to die?? How many people do you think are afraid of death?? How many people do you think know there is worse things in life then death?? HOW MANY PEOPLE DO YOU THINK WOULD ACTUALLY CARE IF I DIED TONITE BECAUSE I DID SOMETHING STUPID?? I want every one to write me the answers to these questions after you read this and send it to me in a message that no one else will see but me!! Lets see what you think about me. I want the truth from every one!! It wont hurt me because pain is all i've felt all my life!!

[17:07](#) - [0 Comments](#) - [0 Kudos](#) - [Add Comment](#)

Dying Slowly Each Day

Current mood: 😞 depressed

Category: [Life](#)

Nobody ever realizes the pain you go through until its to late to do any thing about it. They always have to read about it in some little depressing note thats in your blood drenched hand. The blood still pouring from the deep cuts in your arm that you put there with a razor blade. When somebody finally comes to help your lying in your own blood thats been pouring for hours. By the time you get to the hospital they tell your loved ones there is nothing more they can do for you. The doctors say your losing to much blood and your heartbeat is very weak. The thing that was killing you was life all along. All you can do is watch your love ones cry and slowly watch yourself die. When you finally awake your loved ones are so happy that your alive but all you do is plot in your head how else you can kill yourself. Trust me. There are worse things in life than death. Don't be afraid of death if any thing be afraid of LIFE. The only thing that makes life better is to get high and forget everything for a little while. Just live each day to the fullest cuz you'll never know

when your time is going to be up!!!!!!

[16:00](#) - [0 Comments](#) - [0 Kudos](#) - [Add Comment](#)

16 Jun 2007

THAT GIRL

Current mood: 😡 pissed off

Category: [Life](#)

They say she's emo. They say she cuts herself. They say she's weird. They say she's a freak. They say she's a whore, a slut, and everything else. They say don't trust her. They even say don't date her, it's not like she cares. They act as if she doesn't have feelings.

The thing is she does have feelings but you listen to the lies. You believed them over her. You don't even give her a chance. You just say no. You don't even try to talk to her to see the truth. That's she's not what other people say she is. Well you know what, That girl is me.

DO YOU UNDERSTAND NOW?

[16:58](#) - [0 Comments](#) - [0 Kudos](#) - [Add Comment](#)

THEY SAY DON'T BE WITH ME BECAUSE

Current mood: 😡 pissed off

They say im a slut. They say im a whore. They say im evil. They say that im cheap. They say im unfaithful. They say i cant be trusted. They say dont believe me. They say i cant be true. They say im not im not right for you. They say im emo. They say im a bitch. They say shit thats not right. They say shit thats not cool. They say shit thats not funny. But they still do. But the truth is, if you believe them over me. You weren't right for me from the start. AND THATS THE TRUTH!!!!!!!!!!

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