



Our Approach to Suicide and Self-Destructive Behavior

- Each person is divided: One part wants to live and is goal directed and life affirming and one part is self-critical, self-hating and at its ultimate end, self-destructive. The nature and degree of this division varies for each individual.



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- Negative thoughts exist on a continuum, from mild self-critical thoughts to extreme self-hatred to thoughts about suicide



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- Self-destructive behaviors exist on a continuum from self-denial to substance abuse to actual suicide



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- There is a relationship between these two continuums. How a person is thinking is predictive of how he or she is likely to behave.