A Strategic Planning to Implementation Checklist/Task List:

[ ] **STEP 1** Define suicide survivor

[ ] **STEP 2** Initial shock, why and I so angry?

[ ] **STEP 3** Anger

[ ] **STEP 4** Guilt

[ ] **STEP 5** Relief

[ ] **STEP 6** Stigma

[ ] **STEP 7** Talking to Children

[ ] **STEP 8** Suicide is not inherited

[ ] **STEP 9** Looking ahead

[ ] **STEP 10** Looking Ahead; read "I am a suicide survivor" by Barbara Franks

- **STEP 1:**
  - People have difficulty with the word, "suicide," and even more is how are you going to deal with the new categories that you are now a part of? Age, Male/Female; Native/Non-Native; Religion; Weapon Used; Region; Sexual Preference. He used to be your youngest born, your baby, he liked ice cream with his pancakes; what about those, how come people don't ask me about that?

- **STEP 2:**
  - For me, the first three years I was a robot; someone told me the other day they ran across a taped session that I participated in, I do not remember that. Interesting fact: I was angry more at my husband who could not defend himself because he died two days later. But because he was not there to help pick up the pieces of a puzzle I did not know I was working on, but shattered dreams.

- **STEP3:**
  - Anger sets in for the long haul, why was I so angry, how could I deal with that anger? Who could I deal with this anger that took over my body? People went on with their lives, why should I add on to their problems. Low self-esteem takes over.

- **STEP 4:**
  - What could I have done? How could I have prevented this? Those unanswered questions that surface at 3 o'clock in the morning.

- **STEP 5:**
  - For some? Remember the story, "The boy who cried wolf?" Well, to some to have an experience with a loved one who tested their patience, for some, because of the mounds of torture they were put through, the "relief" that they are finally out of their pain in some situations replaces the "why?"

- **STEP 6:**
  - The carpet on the floor is pretty thick, I think that is because there is so much stigma and taboo hidden under those carpets because of the guilt, the shame that has been embedded in people's brain that suicide brings shame to the family.

- **STEP 7:**
  - Sometimes as parents we have so many other things on our mind that we forget just how we are going to deal with our children to try to explain what just happened, we need to give them for credit for figuring it out on their own.

- **STEP 8**
  - I personally have not taken the time to figure this one out. But the more I read that each person has their own level of crisis, and that we are all individuals, and even our crisis is as unique as a snowflake or a fingerprint? How can that be inherited?

- **STEP 9:**
  - People have difficulty with change, the worst thing that can happen is to "stay" in midst of grief because it will tear you apart piece by piece, look at the resources that is available to help, one step at a time.

- **STEP 10:**
  - As hard as it is, it is a difficulty journey you do not want to take, to move away from the time period you lost your loved one to suicide. But listen to me, it has to happen, how can anything become of a suicide? What can I do to hope not only myself but my family? Here are some ideas

- Taking care of the clothes
- What about the pictures on the wall?
- Closing out their bank accounts
- Re-arranging the furniture; what was a closet make into a file room for your crafts
- Doing things for yourself
- Change your walking path
- Change your hairstyle
- Read about how others who dealt with tragedy
- Write a journal of your memories
- Mad or sad or happy thoughts; if you do not want to share, put them into a fire to send to your loved one
- Organize a walk
- Work with your schools and community suicide prevention coalitions

Respectfully,
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