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Guilt

By Marcia Rose

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How did I miss that? I should have seen the changes. It begins, the overpowering self-talk of guilt.

I knew she was having a hard time, she was quiet, stayed in her bed more than normal. She looked sad and distant. When she looked at me, it was like she was seeing through me. Her eyes were glossed over. I hugged her and asked, *“Is there something wrong?”* There was no answer.

Questions will circle in our minds over and over again. The anguish, the what if, and I should of known.

We will never find an answer that will silence the pain and loss; the dark hole of questions will linger for years.

I have heard the cries of others who are living with this suffering, not able to accept an answer that will bring peace.

Hindsight is 20/20. Looking back, we can see clearly or at least we think we can see clearly. The truth is, what you see or think is only a mirror of what has happened.

When you look at yourself, you become judge and jury, placing the burden on your inability to find an answer to why. We must blame someone or something, the doctors, the medications, stigma, and on and on. It gives us a sense of, I am doing something.

What is real? There is no fault, there are too many variables to point a finger or make a statement on what has caused the loss of a life.

The pain will last some time, but the guilt must be removed. No one has the power to look into the mind of anyone and see what will happen in the future.

Take the time to grieve, take that moment when you remember her or his laughter.

Education and support is the key to addressing suicide. We are here, you will never walk alone.

Marcia Rose is the founder and CEO of Bipolar Insights/Mental Health Educational Center. Marcia is the author of “Journey from Bondage to Freedom” – the story reveals her survival, as well as, her friendship with James, a man who has a bipolar disorder.

For information, Marcia can be reached at: trust@bipolarinsights.com. Weekly classes start at 7 p.m. on Mondays, Green Valley Community Church, 3500 Missouri Flat Road in Room 304 in Placerville. \$5 per person. Visit Bipolarinsights.com for details.

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