

# Helping Veterans Change Their Relationship with Suicidal Ideation

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Suicidal Urges Are “Friends”.

Suicidal thoughts, feelings and behaviors show up to help you when you’re facing painful feelings.

They relieve your pain temporarily by offering you an escape route.

The problem is that these friends grow so attached to you, their life starts to revolve around saving you from pain.

They end up moving in with you and following you around everywhere you go.