

## THE 12 STEPS

1. We admitted we were powerless over suicidal preoccupation and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory of ourselves and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to those who still suffer and to practice these principles in all our affairs.

Adapted from Alcoholics Anonymous,  
Chapter Five

## THE PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the path we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

From Alcoholics Anonymous, Chapter 6

## DIRECTIONS TO MEETING

From I-440 East:

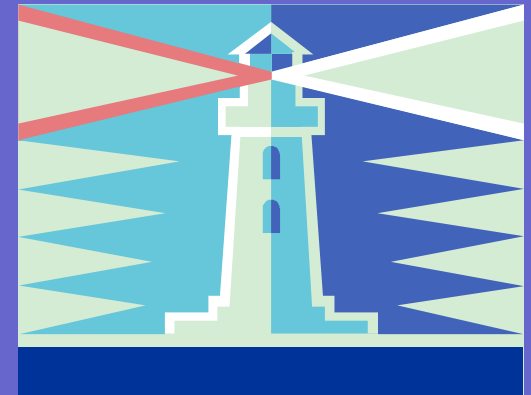
- Take the I-24 W exit on the left (the Airport/I-40/ Nashville/Knoxville exit).
- Merge onto Murfreesboro Pike and turn right at the Waffle House.
- Turn right onto Plus Park Boulevard (at the Regions Bank).
- Number 295 is located within the Terrace I office complex. Turn left upon entering the parking lot.
- Take the steps outside number 295 up into the courtyard.
- Suite 201 will be behind you on your left.

If you need immediate assistance,  
please contact your local crisis hotline or  
1-800-273-TALK (8255).

All information in this brochure is used by permission of Suicide Anonymous. For more information, please go to [www.suicideanonymous.org](http://www.suicideanonymous.org). Also see [www.tspn.org](http://www.tspn.org) for a full listing of suicide grief and suicide attempt recovery support groups within the state of Tennessee.

# Suicide ANONYMOUS

Healing  
One Day at a Time



Meetings:  
Alternating Thursdays  
(11/17, 12/1, 12/15, 12/29,  
1/12/12, 1/26)  
6 PM  
295 Plus Park Boulevard,  
Suite 201  
Nashville, TN 37217

For more information, call  
(615) 297-1077 or e-mail  
[tspn@tspn.org](mailto:tspn@tspn.org)

## THE PROBLEM

We came from a variety of backgrounds. Most of us had experienced a crippling depression. We felt inadequate, unworthy, alone and afraid. Our insides never matched what we saw on the outsides of others. As our feelings of helplessness and worthlessness grew, dying seemed our only relief. Suicide became our option.

At first fleeting, thoughts of suicide began to grow until, as our mental state deteriorated, they filled our days. Some felt trapped by intensely painful circumstances. We tuned out with suicidal fantasy and preoccupation.

Many of us became true addicts. Others were survivors of suicide. The problem we faced was the same. The pursuit of the perfect suicide, the trance-like effect induced by ruminating about death became the drug we used to cope with our unbearable pain.

We lost the sense that suicide was taboo or forbidden and began to view it as an acceptable alternative, a personal privilege.

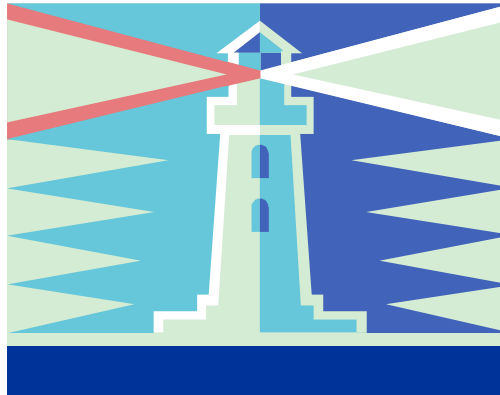
Many times we came to the brink of action, retreating with hearts pounding, exhilarated by the illusion that we were Godlike in the power we held over our own lives.

Some of us retreated from that decision, hoping it was not our sole choice, only to tire and decide we could no longer endure the pain.

Many of us made an attempt or attempts to end our life, only to awaken sickened by the realization that our best efforts had failed. This increased our guilt, self-hatred, remorse, emptiness, and pain.

Morning-after promises to stop these fantasies of death were made to our desperate families and friends. But suicidal fantasies killed any chance for true life.

Soon the seduction of suicide again overtook us and before long we were caught up in the fantasy of death, believing this would give us the eternal peace we craved. Instead we were victimized by internal turmoil and overwhelming humiliation. Alone we were powerless and our most sincere promises to stop this deadly preoccupation had become fantasies themselves.



## THE SOLUTION

For most of us the knowledge that others shared our obsession with suicidal thoughts and actions was both surprising and a relief. We had struggled and made promises to stop, but could not. As we heard the stories and shared the pain of our fellows, we began to understand that we were not alone.

We began to feel safe in sharing our own stories of pain and helplessness in our addiction. We came to believe that there was hope and we began to trust the guidance we were offered. Our spiritual bankruptcy left us desperate to learn how to fill the hole in our soul. We learned that there were steps we could take to heal, and that these steps would teach us how to live our lives with serenity and peace.

Through our pain, we became willing to surrender. We came to believe. We turned our will and lives over to the care of God, as we understood Him.

These steps led us from the soul-sickness of the past, into the promised freedom of today.

One day at a time, sometimes one minute at a time, we learned to lean on the guidance of our Higher Power. Our life was not ours, but His.

By working the steps, we learned to live and not just endure each day. One day we realized that the promises not only could come true, but were true for us today. We were not perfect, but progressing. As our faith grew, and the bond of fellowship among us grew, we were healing. The Promises were there for us.

## PREAMBLE

Survivors of Suicide Attempts is a fellowship in which we share our experiences, strength, and hope with each other, that we may solve our common problem and help others to recover from suicidal ideation and behavior.

The only requirement for membership is a desire to stop living out a pattern of suicidal ideation and behavior.

Membership is open to all who want it. There are no dues or fees for membership; we are self-supporting through our own contributions.

To counter the destructive consequences of suicidal ideation and behavior we draw on four major resources:

1. Our willingness to stop acting out in our own, personal, bottom-line behavior on a daily basis.
2. Our capacity to reach out for the supportive fellowship within the group
3. Our practice of the Twelve Step program of recovery to achieve sobriety.
4. Our developing a relationship with a Power greater than ourselves which can sustain us in recovery.

We need to protect with special care the anonymity of every member. Additionally, we try to avoid drawing undue attention to the group. As a fellowship, we have no opinion on outside issues and seeks no controversy. We are not affiliated with any other organizations, movements, or causes.

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Survivors of Suicide Attempts is not affiliated with the Mental Health Association of Middle Tennessee, but are grateful they allow us to meet at their facility.

Membership in Survivors of Suicide Attempts and participation in meetings is limited to adults aged 18 and over.