

## THE ROOTS OF SUICIDE

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After cardiovascular disease and cancer, suicide is the next major cause of death in the world. The following are only a few of the numerous signs of suicide that all of humanity has been perpetrating in an unrestrained descent into decadence, degradation and destruction: broken homes, higher rates of physical and mental diseases, water pollution, barren lands, ecological imbalance, danger of war, higher crime rates, an evident distancing from spirituality. All these things mirror the state of the innermost being of man. *The roots of suicide lie in the attitude of rejection, omission and distortion of truth when the human being chooses destruction.* We should urgently become conscious of the danger of this attitude.

The purpose of this study is to warn and make people aware of the true causes that lead to suicide and how to deal with them; to show students, therapists and the general population that **it is possible** to reach truly effective and permanent results through treatment called Analytical Trilogy.

### Basic concepts

Today's theories about suicide simply define it as the end of physical life – an end intentionally brought about by the person himself. Through Analytical Trilogy we have been able to prove that **a person who commits suicide does not have the intention to kill himself, but instead wishes to rid himself of the consciousness that reality brings him.**

There are many examples which show us that the individual does not want to kill himself, for example: "In Fort Lee, N.J., *O.P.* wrote two suicide notes and climbed the protective railing of the bridge ready to do himself in with a jump of 250 feet. As he hesitated, C.K., a policeman, shouted: "Get down from there or I'll shoot." *O.P.* got down. (Karl Menninger – *Eros e Tanatos – O homem contra si próprio*, (Eros and Tanatos, Human being against himself), page 76).

**If the individual does not want to kill himself, what does he intend to kill?**

**What is he trying to escape from with such violence?**

As previously mentioned, what the suicidal intends to destroy is **consciousness**, not only of his errors, but of **reality** as well.

**Suicide is the intention to destroy the essence by extinguishing the existence.**

This attitude permeates all of us in varying degrees and is intended to destroy our consciousness. In this sense, all of us are suicidal.

The individual is opposing truth, beauty and harmony in a shameful attempt to destroy that which is indestructible, for life was not created by the individual, it existed before and will still exist after him; life is eternal, it does not depend on his existence.

Suicide is, therefore, a **premeditated** attitude that the individual practices *against life* (whether on the psychological, physical, or spiritual level), **deriving from the**

**destructive intention he has against his inner self, against feeling (love), reality and conscience.**

There are three theories on the subject which merit our attention: the psychological or psychoanalytic, the sociological and the psychiatric.

Freud (<sup>1</sup>), creator of the psychoanalytical theory, was the first one to give attention to the study of suicide (in 1910 he held the first symposium on suicide in Vienna).

He postulated the existence of two groups of instincts in the individual: those that unite and maintain (erotic) and those that destroy and kill – the death instinct (thanic). Suicide would be the result of Thanatos winning over Eros, as a result of the individual giving up all his instinctive pleasures.

Durkheim developed the sociological theory on suicide, putting emphasis on the external situation in which the agent is placed; in other words, the suicidal is a victim of social events.

The forerunners of the modern psychiatric theory were Pinel, later followed by Esquirol, who claimed that suicide had biological causes. Pinel was the first to point out the difference between illusion and hallucination.

At the present, Karl Menninger, an important American psychiatrist and psychoanalyst who devotes his efforts to suicidology, aimed at strengthening man's desire to live so as to overcome this desire to die. This is based on Freudian principles of the evidence of destruction that shows that the suicidal individual does not have the intention to die.

As we have seen, these theories restrict themselves only to social and biological aspects, considering suicide instinctive in the human being. *They did not perceive the true roots of suicide that are the direct result of man's attitudes (will).*

### **What has been done to solve the problem of suicide?**

Ever since Freud's symposium in Vienna, several other symposiums, assemblies, conference studies, experiments, etc., have been held without bringing a true solution to the problem.

Several organizations have surfaced, some known throughout the world, like the CVV – Samaritans (in Brazil), which have not been successful in reducing suicide rates. On the contrary, suicide rates have been increasing alarmingly.

### ***The psychopathology of suicide***

The basic psychopathology of the suicidal individual is ENVY (in latin "invidere" – not see). All attitudes against work, social contact, nature, health; the rejection of food; aggressiveness, hate, anger, and dishonesty are traits that show the resistance that all of us have towards life.

**We may observe that the suicidal individual rejects life so much that he reduces it to pure hatred, always trying to harm others, constantly and completely blocking out the consciousness of his attitudes.**

These people do not regret their actions. As a matter of fact, they want to make others feel remorse for their death. For example, a child hung himself on the classroom blackboard because he had been reprimanded by his teacher in front of the other children. We observe that this child did not want to submit himself to the truth, and he showed much

arrogance by not accepting a simple scolding. His true intention was to make the teacher feel remorse.

**The suicidal individual always plays the role of the victim, seeing himself as rejected by others and persecuted by them (paranoia). He thinks that the others are the aggressive ones and feels wronged and hurt, because he thinks of himself as being good and perfect (theomania).**

Contrary to what we are used to thinking, loneliness, shyness, lack of friends and lack of money are not the causes of suicide - but they are, in fact, the suicide that the individual has already been committing.

The root of the problem lies in the rejection of affection (true feeling). Loneliness is one of the consequences of this attitude.

Physical death simply renders and reaffirms the individual's previous choice to die. **The suicidal is very arrogant (megalomaniac); he will not humble himself, he will not adjust himself to reality, he expects reality to adjust itself to him; he cannot stand frustration, because he wants everything to be the way he thinks it should be (fantasy).** He does not perceive that the world is different from what he believes it to be, for **he distorts the perception of reality (out of envy).** This is the reason why all suicidal individuals become deeply depressed, anguished and in despair, because they reject this consciousness.

The suicidal individual does nothing to keep his links with life, on the contrary he only works against it; he wants, however, **to obtain the same results as the person who is constantly working with reality (on the part of the suicidal individual, this is a false dialectic – inversion).**

Thus the suicidal individual does not want to perceive the consequences that these attitudes have and which are often irreparable, and **he nourishes the idea that he may do whatever he pleases without suffering any consequences (unconsciousness).**

The cause of the problem lies in the use of the individual's **will**, which serves to separate him from affection. As a consequence, he becomes ill, stops working and turns aggressive, thus becoming useless and undesirable to society.

We all keep away from unpleasant people, people who reject affection, in the same manner that society keeps criminals and psychopathic individuals in isolation.

The turning away from reality, from affection, is the true root of suicide. We can observe this in the several destructive attitudes we adopt, which not only provoke a physical suicide, but the destruction of our psychological life, that is, a suicide of our inner selves. For example: (see table)

### THE ROOTS OF SUICIDE

| EXTERNAL ATTITUDE   | PSYCHOLOGICAL MEANING  |
|---|--|
| <b>At work</b><br>- Laziness<br>- Lack of dedication<br>- Unsubmissive to leadership<br>- Causes intrigues among colleagues<br>- Lack of initiative<br>- Causes or suffers accidents<br>- Resigns from good jobs<br>- Tiredness | - rejection of development<br>- lack of interest in happiness<br>- insubordination to his conscience and to reality<br>- bad intentions towards affection<br>- perfectionism, non-admission of errors<br>- anger and hatred<br>- dissociation from reality<br>- antagonism toward life |

|  |   |
|--|---|
| <ul style="list-style-type: none"> <li>- Considers work as something bad</li> <li>- Makes many mistakes</li> </ul>   | <ul style="list-style-type: none"> <li>- inversion</li> <li>- damage to psychological development</li> <li>- envy</li> </ul>                    |
| <p><b>In traffic</b></p> <ul style="list-style-type: none"> <li>- drives without care</li> <li>- drives at high speeds</li> <li>- violation of traffic laws</li> </ul> | <ul style="list-style-type: none"> <li>- alienation</li> <li>- theomania</li> <li>- insubordination to reality – no inner discipline</li> </ul> |

|   |   |
|---|---|
| <p><b>In sports</b></p> <ul style="list-style-type: none"> <li>- plays violent sports</li> <li>- physical excess (stress)</li> <li>- accidents</li> </ul>   | <ul style="list-style-type: none"> <li>- aggression towards reality and life</li> <li>- megalomania, theomania</li> <li>- breaking away from life; hatred; anger</li> </ul>   |
| <p><b>In health</b></p> <ul style="list-style-type: none"> <li>- inadequate nourishment</li> <li>- excessive eating</li> <li>- not enough sleep</li> <li>- excessive sleep</li> <li>- takes medicine</li> <li>- takes drugs</li> <li>- drunkenness</li> <li>- smokes</li> </ul> | <ul style="list-style-type: none"> <li>- rejects psychological nourishment - God</li> <li>- escapes from reality</li> <li>- megalomania, opposition to consciousness</li> <li>- escapes from reality</li> <li>- disguises pathology, blocking consciousness</li> <li>- escape, destruction, aggression</li> <li>- escape, alienation</li> </ul> |
| <p><b>In relationships</b></p> <ul style="list-style-type: none"> <li>- admires and encourages aggressive people</li> <li>- uses marriage for alienation and to attack others</li> <li>- keeps away from family and friends - isolation, loneliness</li> </ul>                  | <ul style="list-style-type: none"> <li>- pact of bad intentions</li> <li>- opposition to affection</li> <li>- disconnected from feelings</li> <li>- selfishness</li> <li>- refusal to give affection</li> </ul>   |

In order to live in a healthy state, we must admit and accept the consciousness of our errors, and accepting the feelings of guilt this provokes. Seeking to escape from consciousness, we destroy ourselves by committing suicide, remaining in the blindness of envy to escape the sight of our own opposition of and rejection to life.

We do not want to face the consequences of our attitudes and we do not want to take responsibility to see what level we have reduced our lives to.

A person needs to have at least some goodness, sanity and affection which will act as a foundation in his life, supporting him as he becomes aware of and acknowledges his errors. This is a true dialectic: we can only perceive ugliness if we perceive beauty; we can only perceive mental illness if we perceive mental health.