



A successful method to prevent suicides around you

For years, I have been saying in my books that “It is very important how we interpret happiness, failure or unhappiness we experience. Recognizing what you experience only personally, and thinking that you experience them only for yourself is a selfish and arrogant perspective. You become an expert in everything you do continuously or live deeply without you knowing it. And this makes you someone who can help others. When you realize that you experience the success or failure only to guide others, you have moved from the stage of **personal development** to the stage of holistic development. Therefore, I think everything I live, I live not only for myself but also for others.”

When “**Mr. Türkgücü, I haven’t accomplished anything all through my life. I am not an expert in anything,**” said a lady in one of the workshops where I said this, “**So you are an expert in accomplishing nothing all through the life,**” I said back to her. As for the relation of this perspective of mine with the title of the article, it is as follows:

I wanted to share with you an experience I had that works both on me and others in preventing suicide (giving up) incidents that have increased worldwide because of pandemics. When a conversation on suicide is opened, I speak in the way I am going to mention in this article, trying to bring back the people around us, who has reached, or will possibly reach, to the stage of suicide, to life.

In 1994, at the point where I lost everything I owned, I turned my experience of being at the stage of suicide to a positive experience through a magnificent revival. But during the later years, suicides started especially by jumping off the Bosphorus Bridge. There were news about people, who committed suicide, along with their pictures or images, in the press and other media full of details such as how sad their loved ones left behind felt and how much they cried for them, and how regretful they were for not caring about them enough.

I realized that I could prevent these suicides by sharing my own experience. In my book named “**I am Ready, Let It Begin**” I published in 1994, I shared my perspective, which worked on me, in detail. Especially, I talked, in TV programs I attended, about how the news about the people, who committed suicide, should be reported. When the news reporting method in the press and other media changed, suicides decreased substantially. Below is the related chapter of my book named “I Am Ready, Let It Begin”:

By the year 1994, I started to lose everything I had substantially. I lost friends, family, girlfriend, business, money, all, willingly or unwillingly. I am saying unwillingly, because when you happen to find yourself in the losing mode, your attitudes also change with this mode. You cannot show the friendship to your friends and loved ones they expected*. At the end, you even lose those you will not lose. I felt myself like one who lost everything. “When you lose everything materially and spiritually, you become a slave to everything or master of everything.” I chose to be a master. I can explain the feeling I had then by the sentence of “**Is it better that one has the freedom of nothing to lose, or is its loneliness more difficult?**” “**When you lose everything materially and spiritually you become either the slave or master of everything.**” I chose to be the master. Here is how!

“When in middle school, our teacher told us a story of a woman who decided to commit a suicide but wanted to do this in a way not to lose her reputation after her death. The woman lit a strong fire her stove in cold winter nights to get herself sweat, and went out to balcony many times with her underwear on to get herself sick. Then she went out to balcony again while sweating and burning with fever, and completed her suicide without anyone realizing.”



After years, until her servant explained the secret of her lady, everyone believed that she had died of illness with respect.”

You see, at the time when I believed that I would not be able to find solace for the pain I experienced at the bottom of the pit, I thought that the above example had a relatively good point for my suicide. As, for years, I had been a person who only competed with himself without picking any opponent, I had to commit suicide in such a way that, let alone the people around me, even I myself should not know that I committed suicide. Maybe I had to commit suicide by being killed by my enemies while I was fighting. In fact, your way of committing suicide is strongly connected with your death wish, and is generally divided into two basic groups.

A. Those who commit suicide for others

B. Those who commit suicide for themselves (I will mention this in another article)

A. Those who commit suicide for others

1. If you go to Bosphorus Bridge to publicly commit suicide, you put yourself in a pathetic position in front of everyone as you are not able to uprightly get over with those from whom you want to take revenge to disgrace them.

In this case, it is obvious that you expect others to settle your account, or your value, which was not understood when you were alive, to be understood. Unfortunately, known television programs and other media become one of the hands that push everyone, who jumps, from behind by making news from the stories of those, who are defeated by agony, and the sorrow of their relatives instead of those who defeat the agony, thus making the person a showman and hero, and showing way to those who are suicidal. Yet, publishing the small images of those who jump from the bridge, and making news like **“The person named accepted his failure in his struggle with life, and gave up and jumped from the Bosphorus Bridge this evening,”** will change this situation. (I Am Ready, Let It Begin, 1998, Pages: 15-19)

https://play.google.com/store/books/details/Aydin_Turkgücü_BEN_HAZIRIM_BAŞLASIN_1998?id=gldxDwAAQBAJ

As a result, Suicide is the body killing the body, and become a killer. No one would like to be remembered by his/her failure, and every suicide is a kind of surrender. As they say “It is you who decides how the history wants you to be remembered.”

- If the press and media organizations that reach out to millions of audiences and readers make the news about suicides in this format,
- We can help an acquaintance, who we do not notice is desperate, or a person in a difficult situation who we do not know at all, to survive.

The best way to get over with difficulties is to give them a positive meaning. **16.07.2021**

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#suicide #givingup #successful #method #prevent #suicides #around #you #preventsuicides #share #holistic #İstanbul #BosphorusBridge #Bridge #failed #expert #nothing #experience #positive #meaning #support #struggle #life #pit #personal #development #personaldevelopment #holisticdevelopment #alone #press #media #failure