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Survivors Reactions and Feelings to a Suicide

1. Strong feelings of loss, accompanied by sorrow and mourning.
2. Strong feelings of anger for:
 - a) Being made to feel responsible, or
 - b) Being rejected (e.g., what was offered was refused).
3. Guilt, shame or embarrassment with feelings of responsibility of death.
4. Feelings of failure or inadequacy that what was needed could not be supplied.
5. Feelings of relief that the nagging, consistent demands have ceased.
6. Feelings of having been deserted, especially true for children.
7. Ambivalence with a mixture of all of the above.
8. Reactions of doubt and self-questioning whether enough was attempted.
9. Denial that a suicide has occurred, with a possibility of a conspiracy of silence among all concerned.
10. Arousal of one's own impulses toward suicide.