



Let's discuss the issues of: *Parental Suicide Survivors*

*"Children / Adult Children
whose Parent died by their own hand"*

Rosemarie Manes, LMFT is available for Lectures and Seminars.

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Are you a Parental Suicide Survivor? What does it mean to grow up in a family where a parent died by their own hand?

Adult children grow up with personality traits that can be impacted upon by the effects of parental suicide on their life span development. Also, statistically, survivors are at a six times greater risk than the general public to kill themselves.

AS A CHILD / ADULT CHILD OF PARENTAL SUICIDE:

1. Do you have difficulty trusting yourself and the world around you?
2. Do you have difficulties in intimate relationships?
3. Do you follow the rules of no talk and no feel?
4. Have you been left with deep feelings of shame?
5. Are you living your life in anger and confusion?
6. Do you blame others for the suicide?
7. Do you feel responsible for the suicide?
8. Do you have difficulty making sense or giving meaning to the suicide?
9. Have you felt rejected and/or abandoned by one or both parents?
10. Has the suicide left you with overwhelming intense / conflicted feelings no matter how long ago the parental suicide occurred?
11. Do you feel overly responsible, guilty not only about the suicide, but with life in general?



If you have answered "YES" to any of these questions, you are not alone in your difficult and, at times, painful journey. When a parent dies an untimely and traumatic death, no matter if the surviving child is one year or sixty years old, the child is traumatized. If the trauma of this wound is not dealt with, the child of parental suicide will be hampered in their development as they journey through life.

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