**In our inner lives**

Suicide is an extreme on the continuum of severity of harm to the self. We enact violence against ourselves also through addictions, substance abuse, physical self-harm (such as cutting), and distorted relationships with food (too much, not enough, or eating junk). We “self-sabotage” (though the term implies more intentionality than is present) by procrastinating to ensure failure, by “pushing away” healthy, loving relationships, and in many other ways.

We subject ourselves to insidious, vicious messages through negative self-talk (I’m so stupid; I don’t deserve to be happy, etc). We self-destruct through unchecked stress, risky behaviours, and consistently ignoring or downplaying our own pain. Of course, these tendencies are themselves usually reactions to violence perpetrated against us from the outside.