



# A BETTER WORLD IS POSSIBLE

## Healing Workbook for Sensitive Beings

Transforming Suicidal Ideation  
into World-Changing Power



# Dear sensitive soul,

Your ability to feel deeply is a gift, a blessing to this Earth. Western medicine pathologizes sensitivity in various ways, including by labeling people as mentally ill for having suicidal thoughts. However, such thoughts are the body-mind's appropriate response to existing in a dystopian reality. Living in this world can feel especially burdensome when you not only feel your own pain, but also that of our ravaged Earth home and the other beings we share it with.

I know that together, we can change the world for the better, but the reason for you to keep going shouldn't solely be about what you can contribute to creating an improved reality for all. You deserve the very best life has to offer, and that includes thriving in a world that celebrates you. So, I have created this workbook in hopes that it will assist you in working through your suicidal thoughts to kindle hope and believe that a better world is indeed possible, because you deserve to exist in such a world.

*Love,  
SpectacuLaur* 



Empower others by sharing your takeaways from this workbook! Please feel free to tag me on social media with your thoughts and use the hashtag #suicideprevention if you find it insightful.

 [@spectaculaurthoughts](#)

 [SpectacuLaur Thoughts](#)



## Hi, I'm SpectacuLaur!

I'm Laurel, the mind behind SpectacuLaur Thoughts. This mind is quite familiar with suicidal ideation.

I know what it's like experiencing intense pain to the point of not wanting to exist anymore, and even wishing to never have been born. I'm even familiar with the despair that follows a failed suicide attempt. However, since the world turned upside-down in 2020, through an extremely tumultuous journey, I found a way to make peace with my existence. I hope to help you experience that peace as well.

If this is the first time you're encountering my work, hopefully you engaging with this workbook is just the beginning of us embarking on the journey towards an improved, peaceful collective existence together!



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# YOU AREN'T INHERENTLY FLAWED

Before you undertake this inner work, an important thing for you to understand is that you aren't flawed for having suicidal thoughts, or any so-called symptom of mental illness for that matter.

It's perfectly adaptive to be suicidal or experience issues with your mental health under these environmental and socio-political conditions. The fact that you're still here is a testament to your strength, resilience, and bravery. You are a survivor.

Oftentimes, suicidal ideation is an indication that a person is a sensitive being carrying their own burdens and those of the world. Your sensitivity should be honored, not rejected, as it contains the wisdom needed to heal yourself and the world.

When you're aware that external issues beyond your control impact your suicidal ideation, it can feel overwhelming to deal with. You might end up believing you'll experience it forever, especially because you can't help but feel empathy for other suffering beings, and you don't know if or when things will get better. But that doesn't mean something is inherently wrong with you. It means that in a world that is severely lacking in empathy, you manage to preserve yours, and that is something to be celebrated.

When the world seems hopeless and you're overwhelmed by the burden of existing, it's okay to focus on your own healing. I am in no way suggesting what Western individualistic therapy promotes: the notion that 'you need to just focus on your own mental health and not care about the world'. Conversely, it's a suggestion to give yourself space to find wisdom for your healing and for that of the world in a place only you can search: within your own soul.



## SENSITIVE BEINGS HAVE THE POWER TO CHANGE THE WORLD

As someone deeply attuned to the suffering of others, your healing and improved mental wellness are bound to lead to a better world. This is because as you heal, you'll gain more hope, energy, and vitality to engage in world-changing work or to inspire others to do so.

Imagine if each of us who cares about the Earth, the animals, and the most oppressed, marginalized, and vulnerable persons were operating at our full potential, uninhibited by depression or hopelessness. We could harness the unique skills and knowledge we've gained throughout our lifetimes to collaborate and do whatever is within our capacity to change the world for the better. Ultimately, this collective power could even lead to unprecedented levels of peace and harmony on Earth!

**If you had the power to change something about the world, what would it be, and how would you start to make changes?**

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# WHY DO YOU HAVE SUICIDAL THOUGHTS?

These are some factors that can influence a persons' suicidal ideation:

- Poverty
- Climate anxiety
- Experiencing abuse
- Chronic illness/pain
- Traumatic memories
- Feelings of being unsafe in the world
- Mental/physical/emotional exhaustion
- Feeling forced to sell one's labor to survive
- Lack of familial and/or community support
- Feeling misunderstood and out of place in the world
- Living with a disability under an ableist capitalist system

**Highlight the ones that influence your suicidality, and add any additional factors you can think of here:**

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Bear in mind, none of these factors are your fault. Yet, they trigger emotions that dysregulate your nervous system and lead to suicidal ideation. Psychiatry often paints suicidality as an individual's personal failing, thus reinforcing feelings of guilt or shame related to suicidal ideation. However, you are doing your best to survive a dystopian reality that you didn't choose for yourself, so seeking peace by imagining death when you feel hopeless is nothing to be ashamed of.



## AFFIRMATIONS

Positive affirmations can heal your inner child and rewire your brain. Improving your self-image creates new neural pathways in your brain. These new pathways, in turn, lead you to act in ways that reflect this positive change. Suicidal thoughts can distort your self-perception, but remember – your tenacity in simply existing deserves immense credit. It's not easy staying alive under these conditions, yet here you are doing it anyway!

The following affirmations are intended to help you give yourself some love and grace. Highlight the ones that resonate with you and say them aloud. If none resonate at this time, say them anyway and note the feelings that arise when you do, whether positive or negative.

- 1.I deserve ease.
- 2.I deserve the best life has to offer.
- 3.I deserve reciprocal relationships.
- 4.I deserve to be treated with kindness.
- 5.I matter, and my needs matter.
- 6.In no way, shape, or form am I a burden.
- 7.My disability doesn't make me any less deserving of love, care or grace.
- 8.Younger versions of me deserved better from the people that surrounded me.
- 9.The emotional pain I'm feeling now will not be as intense in the future.
- 10.I am brave for choosing to continue existing despite experiencing intense pain.



**Which affirmations resonate with you the most? Why?**

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**Which affirmations do you have some resistance against?  
Can you pinpoint the reason for the resistance?**

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## CONNECTING WITH YOUR LIGHT

Your passions are connected to your purpose, and as a sensitive being who cares about improving conditions in the world, your purpose is linked to us achieving collective liberation and living in right relationship with the Earth. The more you pursue your passions, the more vitality and excitement you will have to live your life.

**What are you passionate about?**

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**How can you see yourself using your passions to co-create a world free from capitalistic and colonial influences?**

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If you're not sure what you're passionate about, that's okay! You can reconnect with your inner child or past versions of yourself to rediscover activities that brought you happiness.

**What are some cherished memories or interests from your childhood, or from a fond time in the past?**

*This could include, but isn't limited to favorite foods that brought joy to your taste buds, beloved movies that whisked you away to magical worlds, special places where you felt most alive and free, or hobbies that filled your heart with happiness and excitement.*

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**How can you intentionally reconnect with those interests in the present?**

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**What positive changes do you think you'll experience if you do?**

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## CONFRONTING YOUR SHADOWS

Trauma rewires the brain. Unless addressed, the patterns of thinking developed to cope with trauma influence our actions, shaping our reality. Trauma is not your fault, so navigating the world in ways that perpetuate the belief that the only possible escape from your pain is through death is not your fault. However, there are steps you can take to make existing feel less burdensome. By addressing your traumas, understanding how they shaped your life experiences, patterns of behavior, and suicidality, and showing yourself love and grace to heal them, you are rewiring your brain for wellness. Doing this can improve your self-esteem, change your worldview and ultimately reduce suicidal ideation. Rewiring your brain for wellness will ultimately influence you to act in ways that are not only of benefit to you, but also to the collective.

**Shadow work** can empower you to turn the darkness of your trauma, depression, and pain into life- and world-changing light. One of the ways it does so is by helping you to accept and love parts of yourself that you are ashamed of, or find undesirable. Shadow work thus empowers you to shed the burden of shame and guilt tied to suicidal ideation. In their place, you're allowed to cultivate radical self-love and acceptance.

Shame and guilt can cloud a person's ability to gain information from their suicidality. Thus, shame and guilt can hinder a person from becoming more aware of the many wonderful reasons to love and celebrate their existence.



**How do you experience guilt and shame in your body-mind?  
What thoughts or feelings surface?**

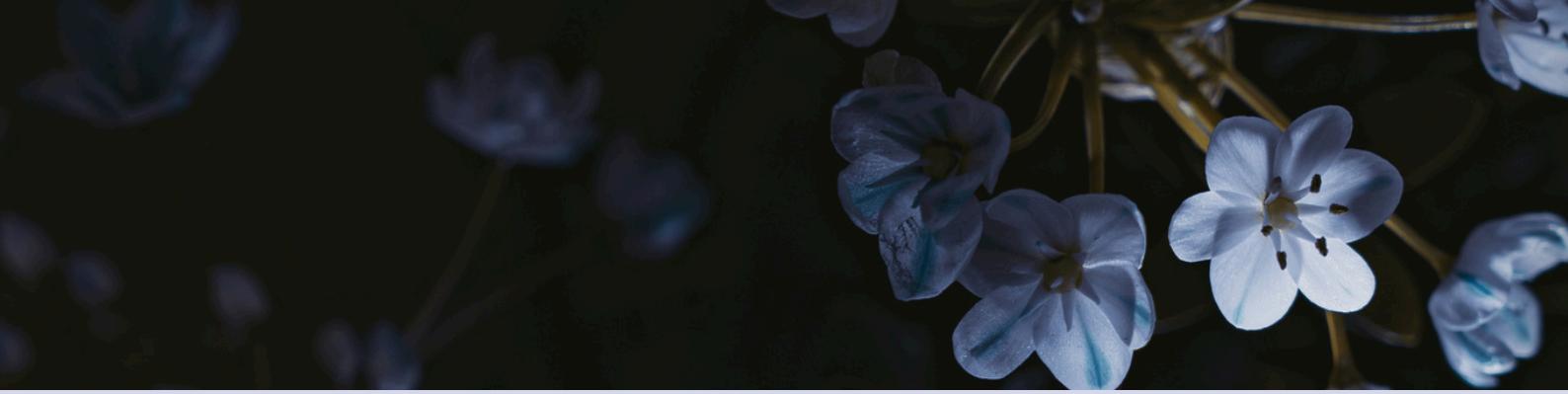
Guilt:

Shame:

**Can you recall the first time you felt those emotions? What event elicited them?**

Guilt:

Shame:



**Do you experience emotions of shame or guilt regarding your suicidality? If you do, why?**

Guilt:

Shame:

**In what ways do shame and guilt influence how you show up in the world?**

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**How can you give yourself more grace whenever you feel ashamed or guilty for having suicidal thoughts?**

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**If someone else told you they were feeling hopeless and suicidal, what would you say to comfort them?**

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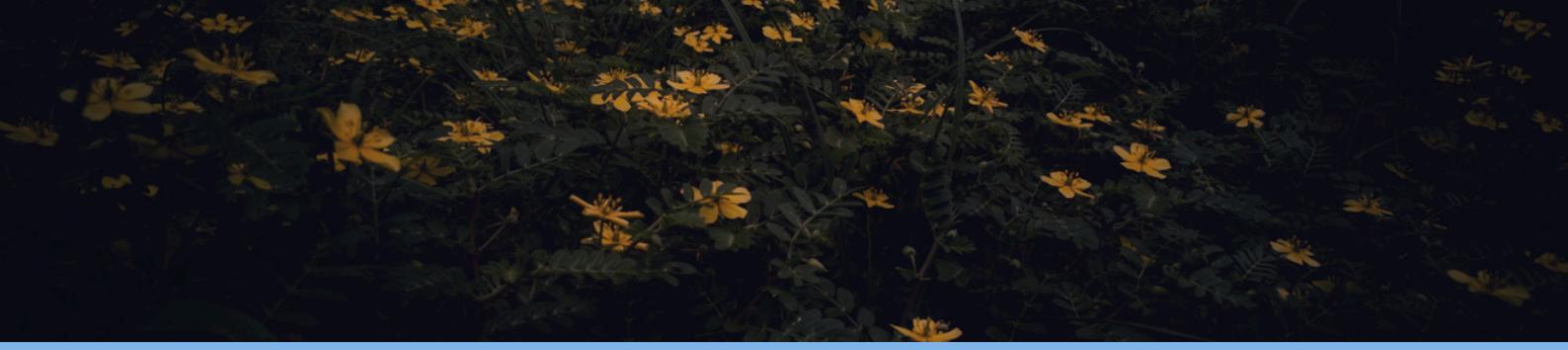
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You deserve the love that you give to others. Whatever you'd say to someone else to offer them comfort, is what you should say to yourself whenever you feel guilty or ashamed of your suicidality.



## MINDFULNESS SHADOW WORK EXERCISE

Mindfulness exercises teach you to observe yourself without judgment while improving your awareness of your thoughts and feelings. This helps you to heal your past and cultivate a better relationship with the present moment – ultimately lessening your need to resort to suicidal ideation as a means of dreaming about attaining peace in the future.

### **Instructions:**

- Find a comfortable position, sitting or lying down. Gently bring your awareness to the rhythm of your breath.
- Take note of how your body is feeling.
- Imagine shame and guilt as separate parts of you, and kindly ask them to excuse themselves while you make space to interact with your suicidal feelings.
- Focus your attention on your breathing again. Once you have achieved some level of calm, imagine your suicidality to be another part of you and ask, “What is it that you need me to know so that I can one day experience peace on Earth?”

**Write down the insights you gain here.**

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# Inner work is necessary for personal and collective liberation, sensitive soul.



Even if you feel you don't have the capacity to actively make changes in the world right now, just by doing this work you create shifts that push the collective in the right direction. As a sensitive being, you're here to experience the maximum amount of joy possible. Your joy raises the vibrations of the planet and has the potential to lead us to unprecedented levels of peace on Earth!

Healing can feel overwhelming on your own. But with a loving community by your side, it becomes a journey of shared strength and support. I offer free monthly community events to create that supportive space. Let's heal together - [visit my website](#) to see upcoming events.

If you found this workbook useful, please share it with others! To honor my work, please direct them to my website to subscribe to my mailing list and receive their own copy, instead of sending the material to them directly.

*Thank you!*



## CONNECT WITH ME!

Need guidance in transforming your suicidal thoughts to life- and world-changing medicine?

Schedule a free 20-minute consultation with me so that together, we can ascertain how best I can support you.

**BOOK A FREE  
CONSULTATION**

Let's connect on social media!

Follow me at [SpectacuLaur Thoughts](#) on Facebook or [@spectaculaurthoughts](#) on Instagram to join me on my journey towards a better world!