

# Episode One Hundred Forty - The Letter to Menoecus 07 - Completion of the Letter

Post by “Kalosyni” of November 7, 2024 at 9:20 AM

## [Quote from Julia](#)

To partially concur and partially expand on what has been said during this episode regarding the discussion of suicide as a sign that someone might have accepted the notion of fate, providence; in my experience, that is only rarely the case. Rather, suicide is the last line of defence, the ultimate boundary a person — a self, as opposed to a body — can set and enforce.

[Julia](#) thanks for sharing your thoughts.

I think that there are people on both sides of this saying that suicide is a choice and those that say suicide is not a choice because it seen as the only option.

When I attended a Buddhist group, there were two younger men who committed suicide a few years apart. I partially point to and blame the passive nature of the Buddhist philosophy and the constant preaching of the "acceptance of what is". (and of course Buddhists don't say much about seeking pleasure).

Yes as you say there are many cognitive distortions that need to be corrected, and also I think an important element is overcoming a sense of powerlessness and instead learning how to make change happen in one's life. By regaining a feeling of being effective and a sense of personal power to do what needs to be done to minimize pains AND increase pleasures, the suicidal thoughts can disappear. Life must have some sweetness in it, so regaining the power to experience pleasure is paramount.