

I DON'T KNOW WHY

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I don't know why...

I'll never know why...

I don't have to know why...

I don't like it...

I don't have to like it...

What I do have to do is make a choice about my living.

What I do want to do is to accept it and go on living.

The choice is mine.

I can go on living, valuing every moment in a way I never did before,

Or I can be destroyed by it and in turn, destroy others.

I thought I was immortal, that my children and my family were also,

That tragedy happened only to others...

But I know now that life is tenuous and valuable.

And I choose to go on living, making the most of the time I have,

Valuing my family and friends in a way I never experienced before.

Iris Bolton suffered the loss of her 20-year-old musician son through suicide in 1977 and went on to become a pioneer in the suicide loss survivor movement.