

Why Do I Feel This Way?

If you're asking this question, you're already doing something important: trying to understand instead of just endure. There is rarely one single reason a person feels suicidal — it's usually a pile-up.

Some of the common drivers

- **Depression, anxiety, trauma, or other mental-health conditions** — treatable medical conditions that distort how pain and the future feel.
- **Chronic stress or loss** — grief, money, work, relationships, health, caregiving. Pain accumulates.
- **Isolation** — humans are wired for connection; long loneliness physically hurts.
- **Pain — physical or emotional** — that feels permanent and inescapable.
- **Substance use** — which lowers the brain's guardrails.
- **Belonging and burden feelings** — the painful, mistaken belief that others would be better off without you.

What "why" is not

Feeling this way is not weakness, selfishness, attention-seeking, or a character flaw. It is pain exceeding your current coping resources. Both parts of that equation can change.

You may never get one clean answer to "why" — and you don't need one to get better. Treatment and support work even while the why is still fuzzy.

A question worth asking next

Not just "why do I feel this way?" but "what would need to change for this to feel lighter?" That second question is the one therapists, counselors, and crisis lines are genuinely good at working on with you.

In crisis or struggling? Call or text 988 (Suicide & Crisis Lifeline, free, 24/7) · Chat at 988lifeline.org

Beyond September™ is an awareness and education initiative — not a medical, therapy, or crisis service. This guide is general education, not medical advice.

beyondseptember.org · [#beyondseptember](https://twitter.com/beyondseptember)