

Kennedy's Suicide note

DO NOT RECESSITATE!!!

If you have found this note, I have already died. I would like the focus of this note to be why I stayed alive so long; not why I took my life so early.

Mom, Dad, and the rest of my family: this is not your fault. You have given me the best life you could give me and have made my time on this earth bearable. I love you even in death.

Mom, there is nothing you could have done to save me. Therapy probably would have brought my emotions to the surface and killed me sooner. This is definitely not your emotions that caused this. I actually get a great sense of joy every time I heal someone emotionally or physically.

This depression has been building for years. It never completely went away after 5th grade. It got a little better in 8th grade when I met a group of people that accepted me for who I am, among them [REDACTED], [REDACTED] and [REDACTED] were most successful in prolonging my life.

I truly am sorry for that night at Sadie's. I feel so terrible about that. I honestly had no idea that anyone was uncomfortable until [REDACTED] brought her feelings to my attention. I tried not to show how much it had hurt me, but soon I realized that I did not want to live with that feeling of guilt.

My whole life I have been a ticking time bomb. Nobody ever knew if what they were about to say would send me over the edge. I always hated my violent episodes and feel extremely guilty after each one. After today, I won't ever hurt anyone ever again.

I've been trying to find the right time to be successful in taking my life for about a year now and now seems to be as good as any. I was planning on taking my life right after my retreat, but that changed when I met [REDACTED]. He was the biggest bright spot in my life. I truly love him and always wished we could be more than friends. He was my biggest reason for living, even though as time passed, I lost hope of us ever being together because he was not attracted to guys. When you read this [REDACTED], know that I love you and in no way have you caused my death; I was content with just being friends.

Every time someone asked me how my day at school was, I lied straight through my teeth. [REDACTED] got really clever at tormenting me while still maintaining his word on the no contact contract. His favorite tactic was to look at me until I noticed and then turn to his friends and say "God hates [REDACTED]" so I could hear. I hope he and all others that have bullied me or anyone else throughout my/their life rot in jail then burn in hell.

I have been in near constant pain my entire life. Not super bad pain but steady pain. My tourettes being a big part of that with back and joint pain thrown in for good measure. I did not want to live a long life with this near constant pain.

As for my last wishes, I would like this note to be posted in the youth center because they helped me feel like I belonged, especially [REDACTED], [REDACTED], [REDACTED], [REDACTED], [REDACTED], [REDACTED], and [REDACTED] (please excuse my spelling). I would also like my note to be posted at Ayala all around campus and online on social media sites to prevent bullying as much as possible. Maybe my death will make people realize that words can hurt as much as, if not more than, physical blows.

I would like to be cremated and buried next to Grandma Jan when her time comes. Please hold a memorial service at Saint Paul's with EVERYONE from my contacts list invited with whom ever else you choose to invite. I would like as much family invited as possible and I would like my suicide note to be displayed so they all know that I love them with all of my heart and they have in no way contributed to my death.

I would like all of my money used to pay for Kaelyn's and Kent's college tuitions. I would like all of my poetry to be saved, and I give my copyrights to my mom.

Oh and Mom, my final and most longing wish is for you to live on to a ripe old age and for you to die peacefully of natural causes. Know that I died of my own free will. I do not want to hear that I created a string of suicides. One of the biggest reasons why I killed myself is to prevent more suicides. I don't want to hurt anymore people and I want to prevent anyone I can from hurting.

Well I guess this is goodbye. I'll be with you all in spirit, and you should especially be looking for some signs at my memorial because I will try to leave as many as I can on that day to let you know that I'm okay.