

When I feel especially like taste-testing my car exhaust, I often find myself thinking:

"The majority of my problems could be solved by robbing a bank... why don't I just try that first? What do I have to lose?"

"What if I sold everything and lived as a hermit in [idyllic locale] instead? I might as well."

"Well, if I'm gonna off myself, why don't I at least [extremely graphic, hedonistic sexual scenario] first? There's no reason not to."

I'm probably not going to get around to those things without a bit of planning. I take comfort knowing there are still plenty of things I've got left to do.

45 things to do instead of driving off a fucking bridge

shrugging off suicidal ideation



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Not a doctor- Call/Text 988 if you're in crisis

- ☐ Write shitty self-insert fanfic just for yourself
- ☐ Attempt to have patience while explaining basic human decency to a republican
- ☐ Vell at a republican
- ☐ Invent a new kink
- ☐ Make a list of the things you like about yourself- no "buts" allowed
- ☐ Move to a better place and start a new life
- ☐ Finally admit to them how you really feel
- ☐ Dig a big fucking hole
- ☐ Give yourself a wild haircut and dye job
- ☐ Take all the napkins and condiments from your nearby multinational fast food chain
- ☐ Hook up with a random
- ☐ Start a dream journal
- ☐ Fantasize about killing someone you loathe, but in a fun, cute way that isn't serious and totally won't get you reported by your therapist
- ☐ Buy someone a treat
- ☐ Decide which Pokémon you would be

- ☐ Get a new piercing
- ☐ Cheer way too loudly at a little league game where you don't know anyone
- ☐ Cook something you've never cooked before
- ☐ Consider transitioning
- ☐ Tense and release all of your muscles as hard as you can, moving from feet up to your face
- ☐ Find the right amount of fiber for the perfect poop
- ☐ Talk to the moon
- ☐ Create backstories for passing strangers
- ☐ Reach out to a friend you haven't seen in years
- ☐ Take yourself on a date
- ☐ Imagine a society where you'd be safe from hunger, homelessness and preventable illness regardless of your employment status
- ☐ Take a photo of anything that gives a shred of joy
- ☐ Log out of your social media accounts
- ☐ Buy a cheap coloring book and just go nuts
- ☐ Start a radical commune with your friends

- ☐ Go eat that thing you always wanted to try
- ☐ Steal stuff from Walmart (or any big corporation)
- ☐ Go find a log or big rock to flip over; count bugs
- ☐ Pretend you're going to guest host a podcast discussing your favorite piece of media
- ☐ Masturbate until it hurts
- ☐ Turn off notifs for that app that ragebait you
- ☐ Scream-sing that one song poorly in the shower
- ☐ Ask for forgiveness
- ☐ Find a new park to stroll
- ☐ Go to an upscale store and act like you could buy the entire building
- ☐ Volunteer at a shelter; love on all the animals
- ☐ Find a free class at your library that sounds cool
- ☐ Write a letter to that person on your mind
- ☐ Go to wikiroulette.co and press Next until you find something interesting
- ☐ Start a new TV show you've been putting off
- ☐ Imagine you're a flower

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