

## The Fall Can Happen Fast - But Recovery Is a Process

There is a cliché that says it can take years to build up a reputation and minutes to have it destroyed. Stuart's story begins with sudden heartbreak — a marriage collapse that triggered a spiral into suicidal thinking.

He reminds us that *you don't need years of depression to reach breaking point*. Sometimes the fall comes quickly and quietly. People are often surprised to learn that. We often naively assume that a long period of depression precedes a suicide attempt. But that is not true as Stuart shared with us.

He also shared that quite honestly about how men are often “blindsided” by separation in their relationships, be it marriages or other romantic relationships, not because they were oblivious, but because they didn't grasp how deep the emotional drift had become. When the news arrives that their partner no longer wants the relationship to continue, it can be devastating and a complete shock at the same time, and for some, it leads to a personal crisis.

**The reflection** here is to realise that a Crisis can sneak up on you, even when life seems stable. Awareness, humility, and connection can save your life before you even realise it's in danger. Stay connected with your mates. Have no issues in letting someone know you are off, you don't feel well, or you are concerned about something. There is no shame in sharing this with one other person. It might be the best thing you can do.

## Pain Can Birth Purpose

In the moment he planned his death, Stuart found his “one reason” not to go through with it — guilt that someone else would carry the burden of his choice. That single flash of awareness sparked *Just One Reason*, his small but powerful book that has since saved countless lives.

**The reflection** here is You don't need a grand purpose to survive a dark night — just one reason. A child, a friend, a mum, a promise, a dog. Purpose begins small — but it grows.

I wasn't planning to share my own story with Stuart as it pales into insignificance. But I am glad that I did. It illustrates that life can be unexpectedly

shit at times and out of the blue hit us hard. I shared in the conversation with Stuart that I needed to feed my son the next day, and the day after that and again on the third day, and in finding that simple reason to be awake the next day, I am here many years later on this recording.

## A Book That Teaches the Brain to Fight Back

The *Just One Reason* process is deceptively simple — a mental circuit breaker. When your brain says, “*I can’t do this anymore,*” the book teaches you to reply, “*Not today.*”

This is both a reflection and a hack. You can outsmart the darkness. Delay the decision. Push it 24 hours. Survival isn’t about strength — it’s about buying yourself time. Ask the question that will lead you to finding just one reason. It is as profound and as simple as that.

## Everything Passes — Even the Storm

His closing wisdom: “*When you’re in the eye of the storm, just remember — it always passes.*”

Don’t make permanent decisions in temporary pain. Wait out the weather.

Hold your ground. It will move on — and so will you.



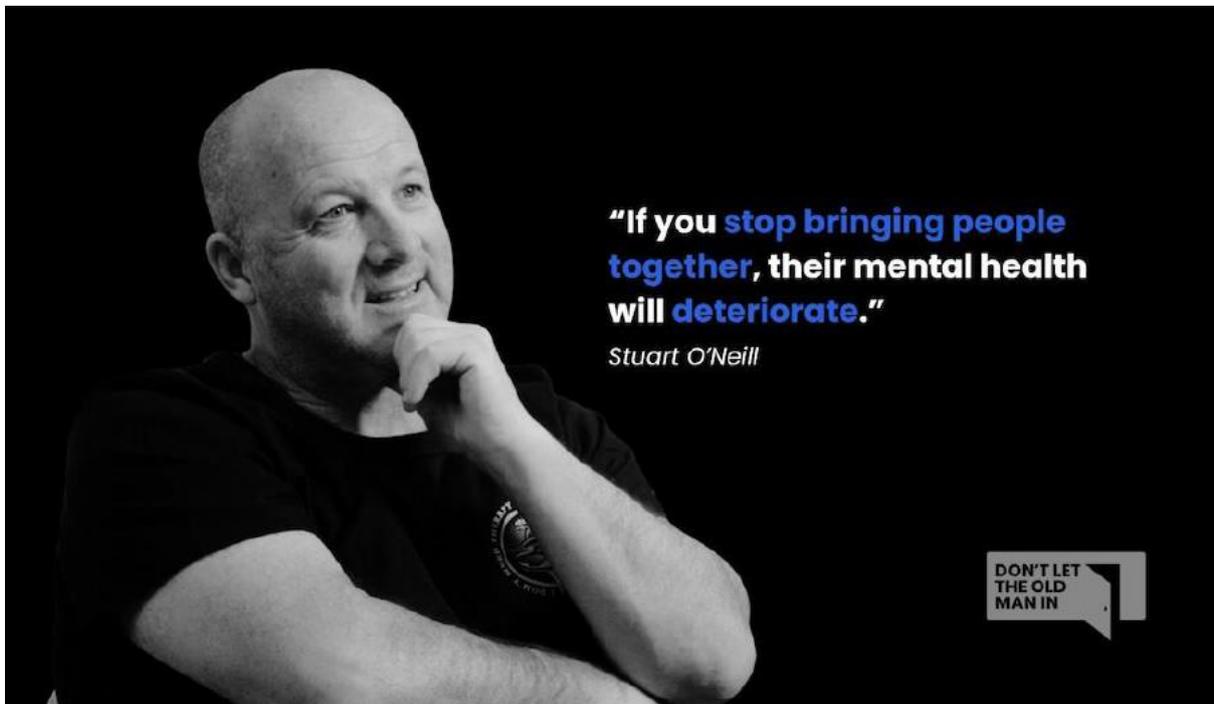
## Core Takeaway for Midlife Men

Stuart O'Neill's journey isn't about death — it's about rediscovering **life through service, simplicity, and conversation.**

For men in midlife:

- Talk before you tighten up.
- Build your reason before you lose it.
- Remember — strength is not silence.

If you're in the storm, find your one reason — and don't let the old man in.



**DLTOMI** is a podcast brought to you by Pod O'Sullivan, where he has real and candid conversations with experts, celebrities and ordinary men about navigating midlife. The ups, the downs, the surprises, the opportunities, the secrets and how to do it on your terms, gracefully or even disgracefully!



## LISTEN ON YOUR FAVOURITE PLATFORM

