

Our Lived Experience Library segments have been inspired by William Styron's breakthrough 1990 memoir of pain, *Darkness Visible*, in which he describes his near-fatal struggle with depression.

ACCORDING TO STYRON, WHAT FACTOR MOST CONTRIBUTED TO HIS EVENTUAL RECOVERY?



A: Medication that finally stabilized his mood

B: Time spent in a psychiatric hospital

C: Wife's support & power of human connection

D: A newfound spiritual awakening

Styron found the medication ineffective and even frustrating.

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He called inpatient a “safe haven” where he could rest, sleep, and begin to recover without fear of acting on his suicidal thoughts. The structure, safety, and simplicity of inpatient care were essential in halting the spiral.

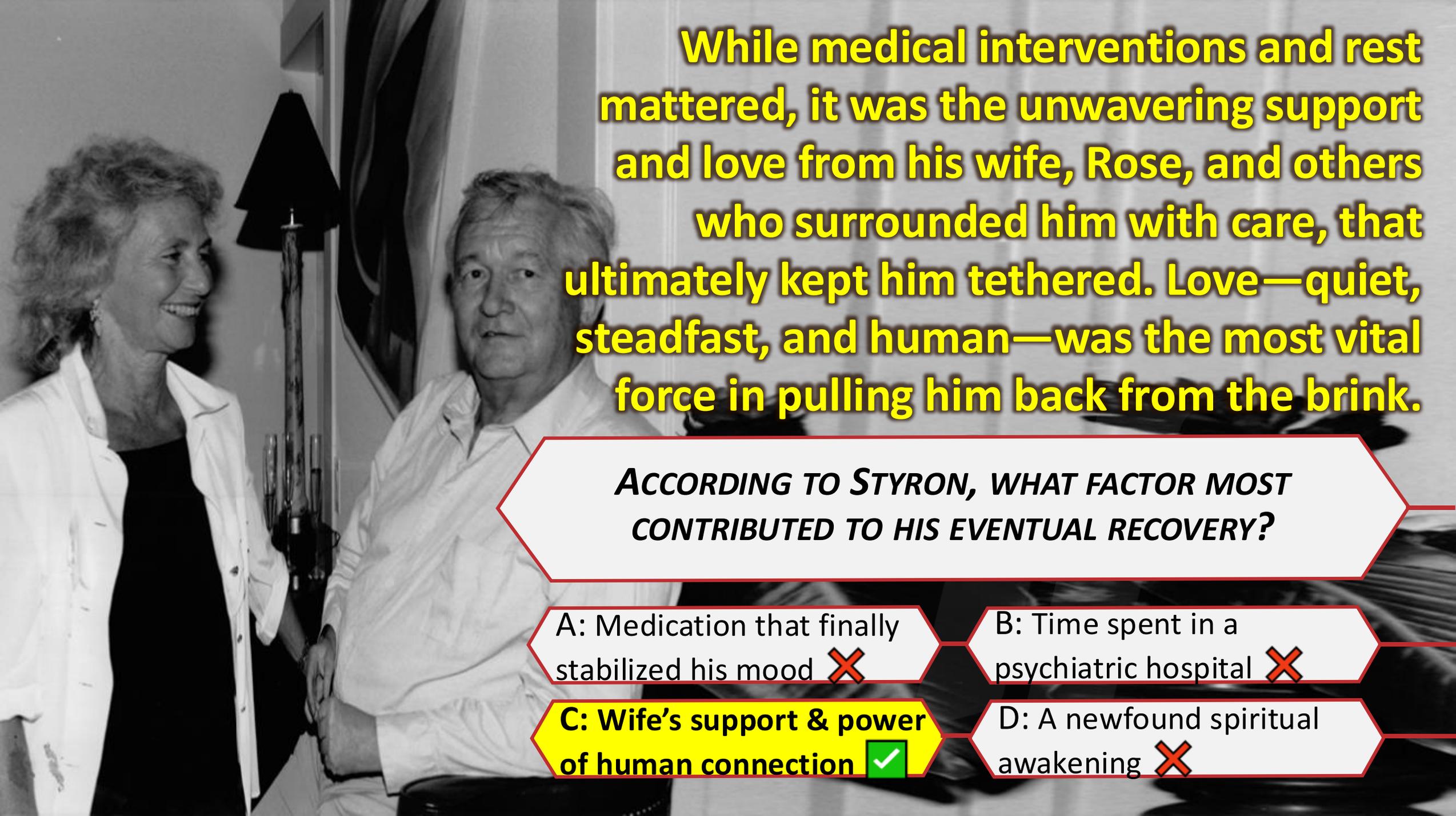
ACCORDING TO STYRON, WHAT FACTOR MOST CONTRIBUTED TO HIS EVENTUAL RECOVERY?

A: Medication that finally stabilized his mood ✘

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While medical interventions and rest mattered, it was the unwavering support and love from his wife, Rose, and others who surrounded him with care, that ultimately kept him tethered. Love—quiet, steadfast, and human—was the most vital force in pulling him back from the brink.

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👉 *“Let’s not confuse the setting with the solution.”*

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