INSTRUCTIONS: Many people have thought of suicide at least once. Others have never considered it. Whether you have considered it or not, we are interested in the reasons you would have for not committing suicide if the thought were to occur to you or if someone were to suggest it to you.

On the following pages are reasons people sometimes give for not committing suicide. We would like to know how important each of these possible reasons would be to you at this time in your life as a reason to not kill yourself. Please rate this in the space at the left on each question.

Each reason can be rated from 1 (Not At All Important) to 6 (Extremely Important). If a reason does not apply to you or if you do not believe the statement is true, then it is not likely important and you should put a 1. Please use the whole range of choices so as not to rate only at the middle (2, 3, 4, 5) or only at the extremes (1, 6). In each space put a number to indicate the importance to you of each reason for not killing yourself.

1. Not At All Important (as a reason for not killing myself, or, does not apply to me, I don't believe this at all).
2. Quite Unimportant
3. Somewhat Unimportant
4. Somewhat Important
5. Quite Important
6. Extremely Important (as a reason for not killing myself, I believe this very much and it is very important).

Even if you never have or firmly believe you never would seriously consider killing yourself, it is still important that you rate each reason. In this case, rate on the basis of why killing yourself is not or would never be an alternative for you.

In each space put a number to indicate the importance to you of each for not killing yourself.

1. Not At All Important
2. Quite Unimportant
3. Somewhat Unimportant
4. Somewhat Important
5. Quite Important
6. Extremely Important

___ 1. I have a responsibility and commitment to my family.
___ 2. I believe I can learn to adjust or cope with my problems.
___ 3. I believe I have control over my life and destiny.
___ 4. I have a desire to live.
___ 5. I believe only God has the right to end a life.
___ 6. I am afraid of death.
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1. Not At All Important 4. Somewhat Important
2. Quite Unimportant 5. Quite Important

7. My family might believe I did not love them
8. I do not believe that things get miserable or hopeless enough that I would rather be dead
9. My family depends upon me and needs me
10. I do not want to die
11. I want to watch my children as they grow
12. Life is all we have and is better than nothing
13. I have future plans I am looking forward to carrying out
14. No matter how badly I feel, I know that it will not last
15. I am afraid of the unknown
16. I love and enjoy my family too much and could not leave them
17. I want to experience all that life has to offer and there are many experiences I haven’t had yet which I want to have
18. I am afraid that my method of killing myself would fail
19. I care enough about myself to live
20. Life is too beautiful and precious to end it
21. It would not be fair to leave the children for others to take care of
22. I believe I can find other solutions to my problems
23. I am afraid of going to hell
24. I have a love of life
25. I am too stable to kill myself
26. I am a coward and do not have the guts to do it
27. My religious beliefs forbid it
28. The effect on my children could be harmful
29. I am curious about what will happen in the future
30. It would hurt my family too much and I would not want them to suffer
31. I am concerned about what others would think of me
32. I believe everything has a way of working out for the best
33. I could not decide where, when, and how to do it
34. I consider it morally wrong
35. I still have many things left to do
36. I have the courage to face life
37. I am happy and content with my life
38. I am afraid of the actual "act" of killing myself (the pain, blood, violence
39. I believe killing myself would not really accomplish or solve anything
40. I have hope that things will improve and the future will be happier
41. Other people would think I am weak and selfish.
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<th></th>
<th>Not At All Important</th>
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<td>1</td>
<td>Quite Unimportant</td>
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<td>Somewhat Unimportant</td>
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<tr>
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<th>I have an inner drive to survive</th>
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<tr>
<th></th>
<th>I would not want people to think I did not have control over my life</th>
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<th>I believe I can find a purpose in life, a reason to live</th>
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<th>I see no reason to hurry death along</th>
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<th>I am so inept that my method would not work</th>
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<th>I would not want my family to feel guilty afterwards</th>
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<th>I would not want my family to think I was selfish or a coward</th>
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<td>48</td>
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