

PLEASE PICK OUT THE CARDS THAT ARE CURRENT REASONS FOR NOT KILLING YOURSELF—THAT ARE REASONS YOU WANT TO LIVE—AND PILE THEM BELOW.

**REASONS FOR NOT KILLING MYSELF/  
REASONS FOR LIVING**

---

NOTE: AFTER THE PATIENT MAKES A PILE OF HER/HIS REASONS FOR LIVING, THEN HAVE THE PATIENT PICK OUT HER/HIS TOP 3 REASONS AND HELP HER/HIM ELABORATE ON THESE REASONS, IDENTIFY CONCRETE GOALS AROUND THE REASONS, AND DEVELOP STRATEGIES FOR ACHIEVING THE GOALS.]

[CUT THESE INTO INDIVIDUAL CARDS]

1. I CARE ENOUGH ABOUT MYSELF TO LIVE.

2. I BELIEVE I CAN FIND OTHER SOLUTIONS  
TO MY PROBLEMS.

3. I STILL HAVE MANY THINGS LEFT TO DO.

4. I HAVE HOPE THAT THINGS WILL IMPROVE  
AND THE FUTURE WILL BE HAPPIER.

5. I HAVE THE COURAGE TO FACE LIFE.

6. 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.

7. I BELIEVE EVERYTHING HAS A WAY OF  
WORKING OUT FOR THE BEST.

8. I BELIEVE I CAN FIND A PURPOSE IN LIFE, A  
REASON TO LIVE.

9. I HAVE A LOVE OF LIFE.

10. NO MATTER HOW BADLY I FEEL, I KNOW THAT IT WILL NOT LAST.

11. LIFE IS TOO BEAUTIFUL AND PRECIOUS TO END IT.

12. I AM HAPPY AND CONTENT WITH MY LIFE.

13. I AM CURIOUS ABOUT WHAT WILL HAPPEN IN THE FUTURE.

14. I SEE NO REASON TO HURRY DEATH ALONG.

15. I BELIEVE I CAN LEARN TO ADJUST OR COPE WITH MY PROBLEMS.

16. I BELIEVE KILLING MYSELF WOULD NOT REALLY ACCOMPLISH OR SOLVE ANYTHING.

17. I HAVE A DESIRE TO LIVE.

18. I AM TOO STABLE TO KILL MYSELF.

19. I HAVE FUTURE PLANS I AM LOOKING FORWARD TO CARRYING OUT.

20. I DO NOT BELIEVE THAT THINGS GET MISERABLE OR HOPELESS ENOUGH THAT I WOULD RATHER BE DEAD.

21. I HAVE AN INNER DRIVE TO SURVIVE.

22. I DO NOT WANT TO DIE.

23. LIFE IS ALL WE HAVE AND IS BETTER THAN NOTHING.

24. I BELIEVE I HAVE CONTROL OVER MY LIFE AND DESTINY.

25. IT WOULD HURT MY FAMILY TOO MUCH AND I WOULD NOT WANT THEM TO SUFFER.

26. I WOULD NOT WANT MY FAMILY TO FEEL GUILTY AFTERWARDS.

27. I WOULD NOT WANT MY FAMILY TO  
THINK I WAS SELFISH OR A COWARD.
  
28. MY FAMILY DEPENDS UPON ME AND  
NEEDS ME.
  
29. I LOVE AND ENJOY MY FAMILY TOO  
MUCH AND COULD NOT LEAVE THEM.
  
30. MY FAMILY MIGHT BELIEVE I DID NOT  
LOVE THEM.
  
31. I HAVE A RESPONSIBILITY AND  
COMMITMENT TO MY FAMILY.
  
32. THE EFFECT ON MY CHILDREN COULD BE  
HARMFUL.
  
33. IT WOULD NOT BE FAIR TO LEAVE THE  
CHILDREN FOR OTHERS TO TAKE CARE  
OF.
  
34. I WANT TO WATCH MY CHILDREN AS  
THEY GROW.

35. I AM AFRAID OF THE ACTUAL "ACT" OF KILLING MYSELF (THE PAIN, BLOOD, VIOLENCE).
  
36. I AM A COWARD AND DO NOT HAVE THE GUTS TO DO IT.
  
37. I AM SO INEPT THAT MY METHOD WOULD NOT WORK.
  
38. I AM AFRAID THAT MY METHOD OF KILLING MYSELF WOULD FAIL.
  
39. I AM AFRAID OF THE UNKNOWN.
  
40. I AM AFRAID OF DEATH.
  
41. I COULD NOT DECIDE WHERE, WHEN AND HOW TO DO IT.
  
42. OTHER PEOPLE WOULD THINK I AM WEAK AND SELFISH.
  
43. I WOULD NOT WANT PEOPLE TO THINK I DID NOT HAVE CONTROL OVER MY LIFE.

44. I AM CONCERNED ABOUT WHAT OTHERS  
WOULD THINK OF ME.

45. MY RELIGIOUS BELIEFS FORBID IT.

46. I BELIEVE ONLY GOD HAS THE RIGHT TO  
END A LIFE.

47. I CONSIDER IT MORALLY WRONG.

48. I AM AFRAID OF GOING TO HELL.