MY SAFETY WORKBOOK
Below are thoughts that can contribute to self-harm and suicidal thoughts. For each thought, write two things you could tell yourself to talk back to the thought.

For example, if someone thinks “No one really loves me”, he or she might talk back to the thought by saying “my parents love me, even if they are mad at me right now.”

If someone thinks, “things will never get better for me,” he or she might talk back to the thought by saying “I’m not a psychic, I don’t know what the future holds.”

Thought: No one really loves me

How I can talk back to the thought:
1. ____________________
2. ____________________

Thought: I will always have problems

How I can talk back to the thought:
1. ____________________
2. ____________________

Thought: I am no good

How I can talk back to the thought:
1. ____________________
2. ____________________
How I can talk back to the thought:
1. ____________________
2. ____________________

Thought:
I ruin everything

How I can talk back to the thought:
1. ____________________
2. ____________________

Thought:
Things will never get better for me

How I can talk back to the thought:
1. ____________________
2. ____________________

Thought:
I am worthless

How I can talk back to the thought:
1. ____________________
2. ____________________

Thought:
I will never be able to have what I want in life

How I can talk back to the thought:
1. ____________________
2. ____________________
Below are feelings that people sometimes have that can contribute to self-harm and suicidal thoughts. For each feeling, write at least one thing you can do that might be helpful and at least one thing that might be unhelpful or make things worse.

For example, when someone is feeling sad, s/he might spend a day alone, lying in bed, feeling just as bad or worse afterwards. This would be something to try to avoid doing. It might help to try talking to friends, exercising, or playing with a pet.

**Helpful things to try:**

**Unhelpful things I should try to avoid:**
Thought: I will never be able to have the relationship I want

How I can talk back to the thought:
1. ___________________________
2. ___________________________

Thought: I am worthless

How I can talk back to the thought:
1. ___________________________
2. ___________________________

Thought: There is no way out

How I can talk back to the thought:
1. ___________________________
2. ___________________________

Thought: I have no future

How I can talk back to the thought:
1. ___________________________
2. ___________________________
Thought: I am stupid

Thought: What’s the point?

Thought: I can’t count on anyone

Other Thoughts:

How I can talk back to the thought:
1. ______________________
2. ______________________

How I can talk back to the thought:
1. ______________________
2. ______________________

How I can talk back to the thought:
1. ______________________
2. ______________________

How I can talk back to the thoughts:
1. ______________________
2. ______________________
RESPONDING TO EMOTIONS

**Disappointed**

Helpful things to try:

Unhelpful things I should try to avoid:


**Frustrated**

Helpful things to try:

Unhelpful things I should try to avoid:


**Bored**

Helpful things to try:

Unhelpful things I should try to avoid:


**Other:**

Helpful things to try:

Unhelpful things I should try to avoid:


Staff Initial: __________  Date: __________
RESPONDING TO URGES

Similar to food cravings, urges to hurt or kill oneself will become much less intense and/or go away if given time.

If you are having an urge to hurt or kill yourself in the future, what could you do for an hour to distract yourself from this urge and give it time to become less intense and/or go away?

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________

What could you do for another 1-2 hours to distract yourself from this urge and give it time to become less intense and/or go away if the urge is still present after an hour?

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________
Thinking of the first workbook you completed, please complete the following table:

<table>
<thead>
<tr>
<th>Reasons behind suicidal thoughts, words, or actions:</th>
<th>A different way to handle the situation other than suicide or self-harm:</th>
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What are reasons why you are glad you did not commit suicide and are still alive? Consider things that you think are good about life.

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________
6. ____________________________________________________________
7. ____________________________________________________________
8. ____________________________________________________________
9. ____________________________________________________________
10. ____________________________________________________________
11. ____________________________________________________________
12. ____________________________________________________________
13. ____________________________________________________________
14. ____________________________________________________________
15. ____________________________________________________________
Knowing what you know now, write a letter to yourself about what to remember and do if you are feeling suicidal again in the future.

Self-Reminder!
What could your family do to prevent you from having access to unsafe items (ex., guns, sharp objects, pills)?

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________

What could you do to prevent yourself from having access to unsafe items?

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________
WAYS TO TRY TO FEEL BETTER IN THE MOMENT

At times when you are feeling really bad, what are things you can do in the moment that feel good or could help you to feel better?

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________

At times when you are feeling really bad, what are things that other people could do to help you to feel better? What do you need from other people at these times?

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________
WAYS TO TRY TO HAVE A MORE ENJOYABLE/SATISFYING LIFE

What are small changes you could make to work towards having a life that is more enjoyable and/or satisfying?

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________

What are small changes your family could make or things your family could do to help you have a life that is more enjoyable and/or satisfying?

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________
What could you try to communicate your needs to others so that they know what they can do to help you?

1. ______________________________________________________________

2. ______________________________________________________________

3. ______________________________________________________________

4. ______________________________________________________________

5. ______________________________________________________________

How can you let others know what is helpful and what is not helpful for them to do at times when you need help?

1. ______________________________________________________________

2. ______________________________________________________________

3. ______________________________________________________________

4. ______________________________________________________________

5. ______________________________________________________________