SELF-EXPLORATION BOOK: safety
Suicidal thoughts I have had (example: “I would be better off dead,” or ways to kill oneself):

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Things I have said to others about wanting to be dead and end my life:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Steps I have taken to plan for committing suicide (example: writing or drafting a letter, gathering items, giving away items):
__________________________________________________________________________
__________________________________________________________________________
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__________________________________________________________________________

Things I have done in an attempt to end my life:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Place a check mark beside each reason that applies to your recent suicidal thoughts, words, or actions.

- To escape overwhelming problems
- To communicate something or send a message
- To end physical pain or suffering
- To make someone feel sorry
- I did not think life was worth living
- So that others would know how I feel
- To end emotional pain or suffering
- To let others know I need help
- I thought others would be better off without me
- I had no hope that things would get better for me
- To change someone’s mind about something they did
- To motivate someone to help me
- Other:

I thought others would be better off without me

So that others would know how I feel

Other:
Of the reasons that apply to you for wanting to end your life, rank them in order below from strongest reason to weakest reason.

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________

4. ________________________________________________________________

5. ________________________________________________________________

6. ________________________________________________________________

7. ________________________________________________________________

8. ________________________________________________________________

9. ________________________________________________________________
Create a timeline of life events, including when each reason that contributes to suicidal thoughts was first present. You can also include notable positive events and notable stressful events that impacted you. For example, if you started feeling a sadness at age 10 that now feels unbearable, write that on the timeline. You can do your timeline by age or by grade.

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<th>Age or Grade</th>
<th>Event</th>
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Sometimes people have thoughts that make them feel bad and that can contribute to self-harm and suicidal thoughts. Check the thoughts below that you have had.

I will never be able to have the relationship I want

What’s the point?

I am worthless

No one really loves me

I am no good

I will always have problems

I am stupid

I can’t count on anyone

I have no future

I will never be able to have what I want out of life

Things will never get better for me

There is no way out

Other:

Sometimes people have thoughts that make them feel bad and that can contribute to self-harm and suicidal thoughts. Check the thoughts below that you have had.
Sometimes suicidal thoughts are what is seen, expressed, most noticed, or bothersome, but many other feelings are also present. What other feelings are also present at times when you have suicidal thoughts, make suicidal statements, or engage in suicidal actions?
Jo really loves cake and wants to eat cake. She has food allergies and if she eats the cake, it will be bad for her. She is having strong thoughts about wanting to eat the cake and very strong cravings/urges.

How long do you think it will take for these urges to go away if she does not act on them?

Do you think she should eat the cake? Why or why not?

If she decides she does not want to act on her urges and does not want to eat the cake, what can she do to resist the temptation? What thoughts or actions might help?

How might this relate to you when you have thoughts of wanting to hurt or kill yourself?
Sometimes, people have reasons they might want to die or think they would be better off dead, but also have reasons why they might want to be alive or things they enjoy about being alive. Check any below that apply to you:

- Taking vacations or traveling
- Going to places I enjoy (amusement parks, skiing, hiking trails, etc.)
- Going to the movies or watching a movie I like
- Reading a book I like
- Seeing what happens on a television show I like
- Playing sports
- Hobbies (fishing, art, crafts, etc.)
- Watching sports
- Doing self-care things that feel good (massage, manicure, haircut)
- Spending time with my pet
- Spending time with friends
- Spending time with family
- Driving
- Going to college
- Basic pleasures (eating, sleeping)
- Good conversations
- Learning something new
- Playing games
- Getting a job I enjoy
- Getting a pet
- Getting married
- Starting a family

Reasons I want to add:
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________
Changes that could help me to feel less suicidal or that could make my life more enjoyable are:

1. _________________________________________________________________
2. _________________________________________________________________
3. _________________________________________________________________
4. _________________________________________________________________
5. _________________________________________________________________
6. _________________________________________________________________
7. _________________________________________________________________
8. _________________________________________________________________
9. _________________________________________________________________
Some people who have struggled with suicide make a hope kit. This is a box or bag that includes items that remind them of reasons they would want to stay alive. Examples could be a ticket stub from a concert, a pamphlet from a favorite vacation spot, or a photo of a pet. If you were to make a hope kit for yourself, what are items you might include in it? Write or draw them below.