

REASONS FOR LIVING INVENTORY

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Let's look at some key reasons for living:

PLACE A CHECK MARK IN FRONT OF EACH STATEMENT THAT YOU BELIEVE HOLD SOME TRUTH ABOUT YOU AND YOUR LIFE

Fears

- I am fearful of death and the unknown, so I want to work through my problems
- I am afraid that the method I would use could fail and leave me worse off than I am
- The finality of the act of suicide leaves me wondering if I'd miss out on a future better life
- I'm uncertain about the hereafter and that is frightening to me
- _____
- _____

Responsibilities

- I have a responsibility and commitment to my family
- I have a responsibility and commitment to my friends
- There are people who depend upon me and need me
- I would not want my family or friends to feel guilty if I chose suicide
- I have a responsibility to a pet(s)
- I have a responsibility to work/job commitments
- There are obligations I feel I should keep
- _____
- _____

Family/Friend Responsibilities

- I have a close relationship with my family and enjoy being with them
- I can turn to my family for support and advice
- I get support and encouragement from my family
- I have close friends that I enjoy being with
- My friends give me encouragement and support
- I would miss the love and affection I get from my family and friends
- _____
- _____

Child/Children Responsibilities

- I want to see and watch my children grow up
- I want to remain the primary caretaker for my children
- The effect on my children could/would be harmful
- _____
- _____

Disapproval Concerns

- I have concerns about what others would think of me
- I do not want people to think I was selfish or a coward
- _____
- _____

Moral Objections

CAVEAT: Moral objections can and do exist outside of religion/spirituality; however, they are also closely related to a person's religious/spiritual beliefs.

- I want more time to experience the beauty of this world
- I want to travel and experience new places and cultures
- I want to explore the meaning of my existence and discover what I truly believe in
- I consider suicide to be morally wrong
- I believe that everyone has a purpose and a time to die that is outside their own doing
- I believe only God has the right to end a life; I put my life in God's hands
- My current religious and/or spiritual belief forbids it
- My religion and/or spiritual faith gives me strength and reason to carry-on
- _____
- _____

Your Personal Survival and Coping Skills

- I believe I can learn to adjust and cope with my problems
- I believe I have a desire to live
- No matter how badly I feel, I know things change
- Life is too beautiful and precious to end it
- I believe I can find other solutions to my problems
- I believe everything has a way of working out for the best
- I have an inner drive to survive
- I have the courage to face my life end
- I believe that meaning can be found in suffering
- I believe that every problem has a potential positive solution
- I am curious about what will happen in the future
- I still have many things left to do
- I hope that things will improve in the future will be better
- I would like to see my plans for the future come to be
- _____
- _____