CLIENT STRENGTHS AND COPING SKILLS

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
- ◡ _____
- ◡ _____