

Chapter 13: Reducing suicide risk

Reasons to live: downloadable chart

(Adapted from Linehan et al., 1983; Miklowitz, 2002)

Purpose of this chart: To identify reasons to live when well so that you can refer to them when feeling suicidal.

Tips for using this chart:

- Complete this chart when you are well
- Keep it in a place that you can easily refer to when feeling suicidal
- Your list doesn't need to contain a lot of items – it is more important to put those which are meaningful to you
- Check those items on the list which are relevant to you – but also include any of your own not listed here

For more detailed instructions and explanations in using this chart see pp. 164 of *Living with Bipolar*.

I don't want to devastate my children, family or friends.	<input type="checkbox"/>
I want to watch my children grow up.	<input type="checkbox"/>
I can't leave those I love.	<input type="checkbox"/>
I have a responsibility towards those I love	<input type="checkbox"/>
Things might be different in the future.	<input type="checkbox"/>
I can make things different in the future and learn to adjust to my problems	<input type="checkbox"/>
There are still things I want to experience and things I want to do.	<input type="checkbox"/>
My suicidal feelings are temporary symptoms of illness, and I cannot let them control my life.	<input type="checkbox"/>
When I am well, there are things that mean a lot to me.	<input type="checkbox"/>
I am scared that my suicide attempt will fail and I will be left damaged in some way.	<input type="checkbox"/>
I believe it is morally or religiously wrong to commit suicide.	<input type="checkbox"/>
I am not sure what happens when you die	<input type="checkbox"/>
I have a mission or purpose in life.	<input type="checkbox"/>
I am concerned about what other people will think.	<input type="checkbox"/>
There is hope that things will improve	<input type="checkbox"/>
Other:	<input type="checkbox"/>