

SAFETY PLAN FOR MANAGING SUICIDAL THOUGHTS

(Use additional paper if necessary)

What are your risk factors for suicide?

- 1.
- 2.
- 3.
- 4.
- 5.

How will you know when your risk for suicide increases?

- 1.
- 2.
- 3.
- 4.
- 5.

What problem(s) are you attempting to solve by suicide?

List the dangerous actions you think about when feeling suicidal:

- 1.
- 2.
- 3.
- 4.
- 5.

List the possible consequences you may face if you act on these impulses:

- 1.
- 2.
- 3.
- 4.
- 5.

List your strategies to delay acting on these dangerous impulses:

- 1.
- 2.
- 3.
- 4.
- 5.

What thoughts (dangerous beliefs) do you have that are associated with suicide?

- 1.
- 2.
- 3.
- 4.
- 5.

What are rational counter statements to each of these thoughts (beliefs)?

- 1.
- 2.
- 3.
- 4.
- 5.

List your reasons to live:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

List things you want to do before you die:

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

How will others be impacted by your death?

- 1.
- 2.
- 3.
- 4.
- 5.

Key Questions (use additional paper if necessary):

1. What are my reasons for hurting or killing myself, and why do they seem justified?

2. What would I tell a close friend in the same circumstances?

3. How else could I reasonably view my situation?

4. What steps can I take to change my life rather than end it?

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

5. Why do I sometimes not mind living?

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

6. How might my life be better in the future?

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |