

Reasons for Living Inventory

Patient information: _____ Session date: _____ dd / mm / yyyy

Practitioner: _____

The following inventory includes reasons people sometimes give for not ending their life. This inventory aims to understand how important each of these reasons is to you. Please read through each reason, and rate it on a scale of 1 to 6. Try to rate all reasons as honestly as you can. If you have any questions, let your mental health practitioner know.

Each reason can be rated on a scale from 1 to 6. Please use the following numbers: 1 = Not at all important (as a reason for not ending my life), 2 = Quite unimportant, 3 = Somewhat unimportant, 4 = Somewhat important, 5 = Quite important, 6 = Extremely important (as a reason for not ending my life)

SURVIVAL AND COPING BELIEFS

1. I care enough about myself to live

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

2. I believe I can find other solutions to my problems

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

3. I still have many things left to do

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

4. I have hope that things will improve and the future will be happier

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

5. I have the courage to face life

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

6. I want to experience all that life has to offer and there are many experiences I haven't had yet that I want to have

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

7. I believe everything has a way of working out for the best

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

8. I believe that I can find a purpose in life, a reason to live

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

9. I have a love of life

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

10. No matter how badly I feel, I know that it will not last

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

11. Life is too beautiful and precious to end it

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

12. I am happy and content with my life

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

13. I am curious about what will happen in the future

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

14. I see no reason to hurry death along

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

15. I believe I can learn to adjust or cope with my problems

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

16. I believe killing myself would not really accomplish or solve anything

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

17. I have a desire to live

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

18. I am too stable to kill myself

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

19. I have future plans I am looking forward to carrying out

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

20. I do not believe that things get miserable or hopeless enough that I would rather be dead

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

21. I have an inner drive to survive

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

22. I do not want to die

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

23. Life is all we have and is better than nothing

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

24. I believe I have control over my life and destiny

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

RESPONSIBILITY TO FAMILY

25. It would hurt my family too much and I would not want them to suffer

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

26. I would not want my family to feel guilty afterward

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

27. I would not want my family to think I was selfish or a coward

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

28. My family depends upon me and needs me

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

29. I love and enjoy my family too much and could not leave them

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

30. My family might believe I did not love them

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

31. I have a responsibility and commitment to my family

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

CHILD-RELATED CONCERNS

32. Child-related concerns

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

33. It would not be fair to leave the children for others to take care of

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

34. I want to watch my children as they grow

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

FEAR OF SUICIDE

35. I am afraid of the actual "act" of killing myself (the pain, blood, violence)

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

36. I am a coward and do not have the guts to do it

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

37. I am so inept that my method would not work

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

38. I am afraid that my method of killing myself would fail

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

39. I am afraid of the unknown

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

40. I am afraid of death

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

41. I could not decide where, when, and how to do it

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

FEAR OF SOCIAL DISAPPROVAL

42. Other people would think I am weak and selfish

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

43. I would not want people to think I did not have control over my life

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

44. I am concerned about what others would think of me

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

MORAL OBJECTIONS

45. My religious beliefs forbid it

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

46. I believe only God has the right to end a life

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

47. I consider it morally wrong

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

48. I am afraid of going to hell

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6