

# Change Check-In for People Who Have Had Suicidal Thoughts

## Objective

To acknowledge the progress you have made since starting therapy.

## What to Know

If you have experienced thoughts of suicide or hurting yourself, it is essential to acknowledge and appreciate the changes you have made so far in your life.

Change can be both challenging and transformative, and this worksheet aims to help you reflect on the impact of those changes. By taking time to assess your progress and examine how it has influenced your mental health, you are taking a significant step toward a more fulfilling future.

Throughout this worksheet, you will explore the changes you have initiated, no matter how small or significant.

## What to Do

It is time to reflect on the effects of the changes you have made in your life.

How frequently do you think about hurting yourself as compared to when you first started therapy? Check off the appropriate answer.

More

Less

Same

How intense are your suicidal thoughts as compared to when you started therapy? For example, do they tend to last as long? Are they less distressing than they used to be? Do they tend to be more passive? Explain.

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When did you start noticing changes? \_\_\_\_\_

Do you feel more equipped to cope with your suicidal thoughts? If yes, how so?

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Have you noticed changes in how you experience different parts of your life? Place an X for each area of your life, then write down an explanation, if it applies.

Area of Life	N/A	Better	The Same	Worse	Explain
Family					
Friendships					
Work					
School					
Physical Health					
Romantic Relationships					
Hobbies/Fun					
Sleep/Rest					
Appetite					
Other Areas:					

If you have experienced changes, what do you think caused them? Be specific.

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What have you done differently to make your life better?

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If things have gotten worse, why is that? Have stressful events happened in your life since starting therapy? Do you have a hard time applying and practicing the skills? Explain.

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When did you use your skills, and how were they helpful?

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Have you found yourself in situations that used to be really challenging and discovered you can now navigate them with ease? Explain.

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When you started therapy, you might have felt doubtful that it would be useful for you. This is a common belief, especially if you have tried other approaches that did not work for you. Is that how you felt before starting therapy? If so, has that changed? Why or why not?

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Do you feel a greater sense of confidence in your ability to cope now? Why or why not?

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Are some of the tools you have learned helpful in areas of your life outside of your suicidal thoughts? For example, maybe your increased self-compassion helps you manage anxiety.

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Have the strategies for coping with challenging emotions worked when you feel irritable or angry? Why or why not?

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### **Reflections on This Exercise**

What was challenging about this exercise? Be specific.

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Did anything surprise you about this activity? Explain.

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How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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