

# Identifying Reasons for Living

## Objective

To identify reasons for living when you feel suicidal.

## What to Know

When you feel suicidal, it may seem like your reasons for dying outweigh your reasons for living. In moments of despair and anguish, it can be challenging to feel hopeful about the future. It is essential to remember that there are powerful reasons to continue living – even when life feels unbearable.

This worksheet is designed to help you if you are struggling with thoughts of hurting yourself. The checklist will help you identify factors that can provide you with hope, purpose, and reasons to continue living. As you identify and explore your reasons for living, you can begin to build a strong foundation for your mental and emotional well-being.

## What to Do

Check off the statements below that are true for you right now. If you check off a statement that includes a question, please answer the question as honestly as possible. Then add any reasons you have for living that are not included in this list.

\_\_\_ I care enough about myself to continue living.

\_\_\_ I can find solutions to solve my problems.

What is one problem you face that contributes to your feelings of hopelessness?

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\_\_\_ I still have many things left to do in life.

List what they are here: \_\_\_\_\_

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\_\_\_ I have hope that things will improve, and the future will be happier.

\_\_\_ I am courageous enough to cope and move forward.

\_\_\_ I want to experience all that life has to offer, and there are many things I have not yet experienced.

List what they are here: \_\_\_\_\_

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

\_\_\_ I believe I can find a purpose in life and a reason to live.

\_\_\_ I love my life.

\_\_\_ No matter how badly I feel, I know things will turn around.

\_\_\_ Life is too beautiful and precious to end it.

\_\_\_ I am happy and content with my life.

\_\_\_ I am curious about what will happen in the future.

\_\_\_ I see no reason to die right now.

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

\_\_\_ Killing myself will not accomplish or solve anything.

\_\_\_ I have a strong desire to live.

\_\_\_ I am too emotionally stable to kill myself.

\_\_\_ I have plans that I am looking forward to carrying out.

List what they are here: \_\_\_\_\_

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\_\_\_ Things can never be miserable or hopeless enough that I would rather be dead.

\_\_\_ I do not want to die.

\_\_\_ Life is all I have, and it is better than nothing.

\_\_\_ I have control over my life and destiny.

\_\_\_ My suicide would hurt my family too much.

Who would feel most hurt? How would they feel if you died by suicide?

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\_\_\_ I would not want my family to feel guilty if I died by suicide.

\_\_\_ I would not want my family to think I was selfish or a coward. (*Suicidal thoughts do not mean you are selfish or a coward*).

\_\_\_ My family depends on me and needs me.

Who depends on you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_ I love and enjoy my family too much and I do not want to leave them.

\_\_\_ If I kill myself, my family might believe I do not love them.

\_\_\_ I have a responsibility and commitment to my family.

\_\_\_ The effect of suicide on my children would be harmful.

\_\_\_ It would not be fair to leave my children for others to take care of.

\_\_\_ I want to watch my children grow up.

What do you look forward to seeing most? What would you miss out on?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_ I am afraid of the actual act of killing myself.

\_\_\_ I am a coward and I do not have the guts to kill myself.

\_\_\_ I am afraid my method of killing myself would fail.

\_\_\_ I am afraid of the unknown.

\_\_\_ I am afraid of death.

\_\_\_ I cannot decide where, when, and how to kill myself.

\_\_\_ If I kill myself others will think I am weak and selfish.

\_\_\_ I do not want others to think that I do not have control over my life.

\_\_\_ I am concerned about what others will think of me if I kill myself.

\_\_\_ My religious beliefs forbid suicide.

\_\_\_ I believe only God has the right to end life.

\_\_\_ I consider suicide morally wrong.

\_\_\_ I am afraid of going to hell if I kill myself.

Can you think of other important reasons for living? Write them below.

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After reviewing this list, what are your top three reasons for living right now? List them below.

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What is your *most* important reason for living? \_\_\_\_\_

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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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