

My Safety Plan

If I feel I cannot stay safe from suicide...

I will talk to: _____

I will seek help from: _____

I will calm myself by: _____

I will go to my safe space: _____

My ideas for keeping safe: _____

Reasons for Living

Myself

I care enough about myself to live

I have the courage to face life

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

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

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

I am afraid of the unknown

Family and Friends

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

I would not want my family and friends to feel guilty afterwards

Family and Friends (continued)

I have a responsibility and commitment to my family and friends

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

My family and friends might believe I did not love them

Understanding my choices

I believe killing myself would not really accomplish or solve anything

I do not want to die

I believe I have control over my life and destiny

I am afraid of the actual "act" of killing myself

Hopes and beliefs

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

I believe I can find other solutions to my problems

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

I am curious about what will happen in the future

Life is all we have and is better than nothing

Your own reasons
