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Client's ID # & Initials: \_\_\_\_\_  
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 Assessment: \_\_\_\_\_ Session: \_\_\_\_\_



UNIVERSITY OF WASHINGTON  
 BEHAVIORAL RESEARCH & THERAPY CLINICS  
 Linehan et. al., 1983

**INSTRUCTIONS:** Many people have thought of suicide at least once. Others have never considered it. Whether you have considered it or not, we are interested in the reasons you would have for **not** committing suicide if the thought were to occur to you or if someone were to suggest it to you.

On the following pages are reasons people sometimes give for **not** committing suicide. We would like to know how important each of these possible reasons would be to you at this time in your life as a reason to **not** kill yourself. Please rate this in the space at the left on each question.

Each reason can be rated from 1 (Not At All Important) to 6 (Extremely Important). If a reason does not apply to you or if you do not believe the statement is true, then it is not likely important and you should put a 1. Please use the whole range of choices so as not to rate only at the middle (2, 3, 4, 5) or only at the extremes (1, 6).

In each space put a number to indicate the importance to you of each reason for **not** killing yourself.

1. Not At All Important (as a reason for **not** killing myself, **or**, does not apply to me, I don't believe this at all).
2. Quite Unimportant
3. Somewhat Unimportant
4. Somewhat Important
5. Quite Important
6. Extremely Important (as a reason for **not** killing myself, I believe this very much and it is very important).

Even if you never have or firmly believe you never would seriously consider killing yourself, it is still important that you rate each reason. In this case, rate on the basis of **why killing yourself is not or would never be an alternative for you.**

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In each space put a number to indicate the importance to you of each for **not** killing yourself.

- |                                |                              |
|--------------------------------|------------------------------|
| 1. Not At All Important        | 4. Somewhat <b>Important</b> |
| 2. Quite Unimportant           | 5. Quite Important           |
| 3. Somewhat <b>Unimportant</b> | 6. Extremely Important       |
- 

- |          |   |
|----------|---|
| _____ 1. | I have a responsibility and commitment to my family.      |
| _____ 2. | I believe I can learn to adjust or cope with my problems. |
| _____ 3. | I believe I have control over my life and destiny         |
| _____ 4. | I have a desire to live.                                  |
| _____ 5. | I believe only God has the right to end a life.           |
| _____ 6. | I am afraid of death                                      |

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|----|-----------------------------|----|---------------------------|
| 1. | Not At All Important        | 4. | Somewhat <b>Important</b> |
| 2. | Quite Unimportant           | 5. | Quite Important           |
| 3. | Somewhat <b>Unimportant</b> | 6. | Extremely Important       |
- 

- \_\_\_\_\_ 7. My family might believe I did not love them
- \_\_\_\_\_ 8. I do not believe that things get miserable or hopeless enough that I would rather be dead
- \_\_\_\_\_ 9. My family depends upon me and needs me
- \_\_\_\_\_ 10. I do not want to die
- \_\_\_\_\_ 11. I want to watch my children as they grow
- \_\_\_\_\_ 12. Life is all we have and is better than nothing
- \_\_\_\_\_ 13. I have future plans I am looking forward to carrying out
- \_\_\_\_\_ 14. No matter how badly I feel, I know that it will not last
- \_\_\_\_\_ 15. I am afraid of the unknown
- \_\_\_\_\_ 16. I love and enjoy my family too much and could not leave them
- \_\_\_\_\_ 17. 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
- \_\_\_\_\_ 18. I am afraid that my method of killing myself would fail
- \_\_\_\_\_ 19. I care enough about myself to live
- \_\_\_\_\_ 20. Life is too beautiful and precious to end it
- \_\_\_\_\_ 21. It would not be fair to leave the children for others to take care of
- \_\_\_\_\_ 22. I believe I can find other solutions to my problems
- \_\_\_\_\_ 23. I am afraid of going to hell
- \_\_\_\_\_ 24. I have a love of life
- \_\_\_\_\_ 25. I am too stable to kill myself
- \_\_\_\_\_ 26. I am a coward and do not have the guts to do it
- \_\_\_\_\_ 27. My religious beliefs forbid it
- \_\_\_\_\_ 28. The effect on my children could be harmful
- \_\_\_\_\_ 29. I am curious about what will happen in the future
- \_\_\_\_\_ 30. It would hurt my family too much and I would not want them to suffer
- \_\_\_\_\_ 31. I am concerned about what others would think of me
- \_\_\_\_\_ 32. I believe everything has a way of working out for the best
- \_\_\_\_\_ 33. I could not decide where, when, and how to do it
- \_\_\_\_\_ 34. I consider it morally wrong
- \_\_\_\_\_ 35. I still have many things left to do
- \_\_\_\_\_ 36. I have the courage to face life
- \_\_\_\_\_ 37. I am happy and content with my life
- \_\_\_\_\_ 38. I am afraid of the actual "act" of killing myself (the pain, blood, violence)
- \_\_\_\_\_ 39. I believe killing myself would not really accomplish or solve anything
- \_\_\_\_\_ 40. I have hope that things will improve and the future will be happier
- \_\_\_\_\_ 41. Other people would think I am weak and selfish.

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|----|-----------------------------|----|---------------------------|
| 1. | Not At All Important        | 4. | Somewhat <b>Important</b> |
| 2. | Quite Unimportant           | 5. | Quite Important           |
| 3. | Somewhat <b>Unimportant</b> | 6. | Extremely Important       |
- 

- \_\_\_\_\_ 42. I have an inner drive to survive
- \_\_\_\_\_ 43. I would not want people to think I did not have control over my life
- \_\_\_\_\_ 44. I believe I can find a purpose in life, a reason to live
- \_\_\_\_\_ 45. I see no reason to hurry death along
- \_\_\_\_\_ 46. I am so inept that my method would not work
- \_\_\_\_\_ 47. I would not want my family to feel guilty afterwards
- \_\_\_\_\_ 48. I would not want my family to think I was selfish or a coward