

Common Suicidal Thoughts PTSD Worksheet and Handout

Name:

Date:

Instruction: Here are some common suicidal thoughts that people with PTSD may experience. Please review the list below and mark the thoughts that sound familiar to you and your situation.

Suicidal Thoughts	Yes	No
My life is not worth living.	<input type="checkbox"/>	<input type="checkbox"/>
My family will be better off without me.	<input type="checkbox"/>	<input type="checkbox"/>
Next time, I will take enough drugs to do the job right.	<input type="checkbox"/>	<input type="checkbox"/>
Take my valuables, I do not need them anymore.	<input type="checkbox"/>	<input type="checkbox"/>
I will not be around to deal with that.	<input type="checkbox"/>	<input type="checkbox"/>
You will be sorry when I am gone.	<input type="checkbox"/>	<input type="checkbox"/>
I will be out of your way soon.	<input type="checkbox"/>	<input type="checkbox"/>
I just can't deal with anything; life is too hard.	<input type="checkbox"/>	<input type="checkbox"/>
There is nothing I can do to make it better.	<input type="checkbox"/>	<input type="checkbox"/>
I will be better off dead.	<input type="checkbox"/>	<input type="checkbox"/>
I feel there is no way out.	<input type="checkbox"/>	<input type="checkbox"/>
I feel depressed.	<input type="checkbox"/>	<input type="checkbox"/>

I sleep too much and have problems with my appetite.	<input type="checkbox"/>	<input type="checkbox"/>
I lost interest in life's pleasures.	<input type="checkbox"/>	<input type="checkbox"/>
I withdrew from family and friends.	<input type="checkbox"/>	<input type="checkbox"/>
I constantly feel tired and lack energy.	<input type="checkbox"/>	<input type="checkbox"/>
I cannot concentrate, think, or act.	<input type="checkbox"/>	<input type="checkbox"/>
I feel worthless.	<input type="checkbox"/>	<input type="checkbox"/>
I blame myself and feel guilty.	<input type="checkbox"/>	<input type="checkbox"/>
I have a lot of thoughts of death.	<input type="checkbox"/>	<input type="checkbox"/>
Nobody understands me; nobody feels the way I do.	<input type="checkbox"/>	<input type="checkbox"/>

Dealing with Suicidal Thoughts in PTSD

If you've marked any thoughts as familiar, taking them seriously and seeking help is essential. Suicidal thoughts can indicate emotional distress and should not be ignored. Here are some steps you can take:

Get professional help immediately: Contact a mental health professional, therapist, or counselor who can provide support and guidance tailored to your situation.

Follow up with treatment: Consistently attend therapy or counseling sessions to work through your PTSD and suicidal thoughts.

Call a suicide prevention hotline: If you are unsure or uncomfortable about taking action, reach out to a suicide prevention hotline immediately. They are available 24/7 to provide support.

Be aware of your thoughts and feelings: Pay attention to your emotional state and thought patterns, and don't hesitate to seek help when needed.

Talk to somebody you trust: Share your thoughts and concerns with a friend, family member, or someone you feel comfortable talking to.

Find somebody who cares and understands: Seek out a support system that can empathize with your situation and offer emotional support.

Don't assume it will take care of itself: Suicidal thoughts can worsen without intervention, so take action to address them.

Don't be alone: Spend time with loved ones and avoid isolating yourself.

Don't keep it a secret: Share your feelings with someone you trust, as keeping them a secret can be harmful.

Avoid alcohol and drugs: Substance use can exacerbate emotional distress and should be avoided.

Don't be shocked and surprised by yourself: Remember that many people experience suicidal thoughts during difficult times, and seeking help is a sign of strength.

Don't challenge or dare: Avoid engaging in risky behaviors and seek help from professionals and loved ones.

Don't argue or debate moral issues with toxic people: Focus on your well-being and seek support from those who genuinely care about your mental health.

This template draws inspiration from "The PTSD Workbook" by Tijana Mandic, Ph.D., to provide a structured and supportive framework for addressing common suicidal thoughts in individuals dealing with PTSD.