

Exploring Your Suicidal Thoughts and Behaviors PTSD Worksheet

Name: _____ Date: _____

Objective: To identify your suicidal thoughts and behaviors and learn strategies for what to do when you feel suicidal.

You Should Know

During your experience of PTSD, you might have suicidal thoughts, feelings, and behaviors. It happens to people. The important part is to stop your impulse to act on the thoughts and feelings (impulse control).

The tenth leading cause of death in America is suicide. Assessing a suicide risk remains a challenge because almost everybody in their life thinks about suicide at least once. People who only think about suicide are very different from those who actually do it. So, if you've ever thought about suicide, it doesn't mean you were going to go ahead and act on those thoughts.

Suicide Idea/on (from hopelessness to helplessness): Suicide ideation means that you are thinking about, considering, or planning suicide. Passive suicide ideation happens when you wish you were dead or don't exist, but you don't act on it. Active suicide ideation is when you plan how to execute it, sometimes to the last detail. You might have those thoughts when you feel helpless and out of control.

What to Do

IMPORTANT: Research shows that 70% of those who commit suicide tell someone about it in advance. If you are thinking about suicide, even if it is only once in a while, call the National Suicide Prevention Lifeline immediately. Their counselors are available 24/7/365 with confidential help. They will connect you to a network of services across the country. Call 1-800-273-8255 or visit their website www.suicidepreventionlifeline.org

What are your opinions about suicide?

Have you ever thought about or were tempted to kill yourself? Describe below.

Have you ever thought about suicide, but you were not really wanting to die? For instance, "I will kill myself and they will be sorry for treating me this way." Describe below.