

Suicide Prevention Worksheet

Name:

Date:

This worksheet is designed to help you reflect on your thoughts, feelings, and experiences in a safe and supportive way. It's okay to feel overwhelmed, and taking the time to work through these questions can help you better understand yourself and identify sources of hope, strength, and support.

How are you feeling today?

Write about your thoughts and emotions right now.

What are the hardest things you're dealing with right now?

Describe what feels overwhelming or challenging in your life.

Think of a time when you felt happy or hopeful. What was happening?

Reflect on a moment in your life that brought you joy or peace.

What are some things you've always wanted to do or achieve?

List your dreams, goals, or aspirations, big or small.

If you could talk to someone about how you're feeling, who would it be?

Think about someone who listens to you without judgment.

What are some things that help you feel calm or better when you're upset?

Identify activities, places, or practices that bring you comfort.

When things are tough, what has helped you get through them in the past?

Think about ways you've coped with difficult times before.

What are three things you like about yourself?

Recognize your strengths, talents, or qualities you're proud of.

What do you think others appreciate about you?

Imagine what your friends or loved ones might say about you.

What are some reasons you want to keep going?

Reflect on the people, activities, or dreams that give your life meaning.

What could you do right now to feel safer or more in control?

List small steps you can take to protect yourself or feel more grounded.

Who can you reach out to if you feel overwhelmed?

Write down people, hotlines, or resources you can contact when you need help.

What will you do if you feel like you might hurt yourself?

Create a step-by-step plan, starting with contacting someone who can help.