

Identifying Reasons for Living

Objective

To identify reasons for living when you feel suicidal.

What to Know

When you feel suicidal, it may seem like your reasons for dying outweigh your reasons for living. In moments of despair and anguish, it can be challenging to feel hopeful about the future. It is essential to remember that there are powerful reasons to continue living – even when life feels unbearable.

This worksheet is designed to help you if you are struggling with thoughts of hurting yourself. The checklist will help you identify factors that can provide you with hope, purpose, and reasons to continue living. As you identify and explore your reasons for living, you can begin to build a strong foundation for your mental and emotional well-being.

What to Do

Check off the statements below that are true for you right now. If you check off a statement that includes a question, please answer the question as honestly as possible. Then add any reasons you have for living that are not included in this list.

_____ I care enough about myself to continue living.

_____ I can find solutions to solve my problems.

What is one problem you face that contributes to your feelings of hopelessness?

_____ I still have many things left to do in life.

List what they are here: _____

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

_____ I am courageous enough to cope and move forward.

_____ I want to experience all that life has to offer, and there are many things I have not yet experienced.

List what they are here: _____

Reasons For Living

SJ Ball



Reasons For Living:

Reasons For Living Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Reasons For Living**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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