Why Reasons for Living are Important

Reasons for living can
• remind you why to not die
• give you hope
• help regulate your feelings
• remind you that you have a purpose
• remind you who you are and what you can do

How to Create a List of Your Reasons for Living

Ask yourself these questions:
• What is one reason I want to stay alive now?
• What is one thing I love?
• What do I want to keep doing?
• What object, pet, or person is very important to me?
• What goal(s) do I have for the future?

Living with thoughts of suicide can be very hard. It is important to remember:
• You decide your reasons for living.
• Your reasons for living can change.
• It can be hard to make a list of reasons for living.
• You do not need to finish your list all at once.
• You can ask for help with your list.
• Other people do not need to be your reasons for living, but they can be.
• Reasons for living can be big or small.
• You should write down your reasons for living so that you can remember them even when you are upset.
• You can draw or add pictures to your list.

Where to Keep Your List

• In the same place
• A place you can easily find it, like on your phone or in a location you check often
• It is important to know where it is at all times
• You can have more than one copy and keep them in different places

When to Use Your List

• When you have thoughts of hurting or killing yourself
• When you are unsure about continuing to live

Some Ideas for How to Use Your List

• Hold it in your hand
• Read it silently
• Read it out loud
• Read through the list over and over
• Read one reason at a time and think about each reason
• Draw pictures or look at pictures of your reasons
• Write the list over and over

Changing Your List

• It is important for you to change your list if your reasons for living change.
• Look at your list again when you are not upset and make any changes you think it needs.