

INSTRUCTIONS: ESSENTIAL READING

This questionnaire lists common thoughts and beliefs about attempting suicide. “Attempting suicide” means intentionally physically injuring yourself because you want and expect to kill yourself.

Behaviours that are not suicide or a suicide attempt:

- **Nonsuicidal self-injury**, which means intentionally physically injuring yourself, but with no desire or intention of killing yourself or being dead
- Behaviours which may unintentionally cause physical harm long-term (eg. smoking, over-eating, binge drinking, eating disorders, unprotected sex)
- Accidentally injuring yourself (eg. accidentally touching something hot)
- Behaviours which change your body for a cultural reason (eg. body piercing, tattooing)

Please indicate how much you currently agree with each belief about attempting suicide. Please answer honestly. There are no "right" or "wrong" beliefs; just what you think.

If a particular belief isn't relevant to you, select “Strongly disagree” to indicate that you do not hold that belief.

	Strongly disagree	Moderately disagree	Mildly disagree	Neither agree nor disagree	Mildly agree	Moderately agree	Strongly agree
Attempting suicide helps me fit in with other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People think that my suicide attempt(s) are selfish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I attempt suicide because I deserve to suffer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide changes the way that I am thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide is the only option I have for solving my problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide is a way to get back at people who have hurt me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide makes other people help me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide clears my mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide is the only method of coping that works for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide is a way to intentionally upset other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I deserve suicide attempt scars and injuries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Moderately disagree	Mildly disagree	Neither agree nor disagree	Mildly agree	Moderately agree	Strongly agree

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My life would be worse without suicide attempts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide shows other people that they were wrong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People punish my suicide attempt(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide shows other people how distressed I feel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide makes my life better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide is a form of rebellion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other people accept me because of my suicide attempt(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide damages important relationships in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I attempt suicide because I am worthless and unlovable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide makes people care about me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide stops upsetting thoughts going round and round in my mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide is the only thing I've got that's just mine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide leads to unwanted attention from other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide temporarily stops me from feeling anything	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Moderately disagree	Mildly disagree	Neither agree nor disagree	Mildly agree	Moderately agree	Strongly agree

Please use the space below to record any other thoughts or beliefs you have about attempting suicide (intentionally physically injuring yourself because you want and expect to kill yourself):
