

Reasons for Suicidal Behavior/SAMHSA.gov

It is important not to trivialize suicide. Attempts that may involve motivations other than to die. In other words, if at least some wish to die was present at the time of the attempt, regardless of whether there were other reasons for the act, then the behavior should be considered a suicide attempt. Some, but not all, potential reasons for a suicide attempt include:

1. Desire to die.
2. Hopelessness.
3. Extreme or prolonged sadness.
4. Perceived failure.
5. Self-hate following relapse.
6. Loneliness.
7. Feeling like a burden to others.
8. Disinhibition while intoxicated.
9. Escape from a painful emotional state.
10. Get attention.
11. Impulsive reaction to an acute stressful life event (e.g., a break-up).
12. To hurt another person (e.g., to make someone feel guilty).
13. Paranoia or other psychosis (e.g., having a command hallucination to self-harm).
14. Escape a progressively deteriorating health situation (e.g., a terminal disease).

*The above information is an excerpt from SAMHSA.gov TIP 50.

At ribbonofworth.com, Life Wishes are possible solutions to alleviate the psychological pain than can lead to suicidal thinking. Dr. Edwin Shneidman suggested that suicidal people are looking for a solution – to end their pain. He referred to this complex mental and emotional pain as “Psychache.”

