

## **Reasons for Suicidal Behavior/SAMHSA.gov**

It is important not to trivialize suicide. Attempts may involve motivations other than dying. 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., terminal illness).

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

Worth-affirming choices are possible even when a person's psychological pain has led them to consider suicide. Dr. Edwin Shneidman suggested that people who are suicidal are looking for a solution – to end their pain. He referred to this complex mental and emotional pain as psychache. Worth-Conscious Theory promotes the idea that self-worth & personal truth belong together and when they are congruent psychache may become less problematic. What worth-affirming choices might be helpful?