

9. Have you ever “tuned out” with suicidal thoughts and actions?
10. Has suicide ever seemed to be your only option?
11. Have you ever experienced one or more suicide attempts?
12. Have you ever spent large amounts of time preparing for a suicide attempt? (e.g. planning, collecting paraphernalia)
13. Have you ever neglected responsibilities and commitments (e.g. work, family, health) to prepare for a suicide attempt?
14. Have you ever viewed suicide as “the solution”?
15. Have you ever thought suicidal thoughts made you special or different from others?
16. Have you ever denied or rationalized your suicidal thoughts for periods of time?
17. Have you ever rationalized or denied consequences of your suicidal thoughts/behaviors.?
18. Have you ever viewed suicide as an option always tucked in the back of your mind?
19. Have your secret suicidal thoughts ever given you a sense of power or control?
20. Have you ever felt desperate or panicked when others figured out your suicidal plans?

The Twelve Steps of Suicide Anonymous

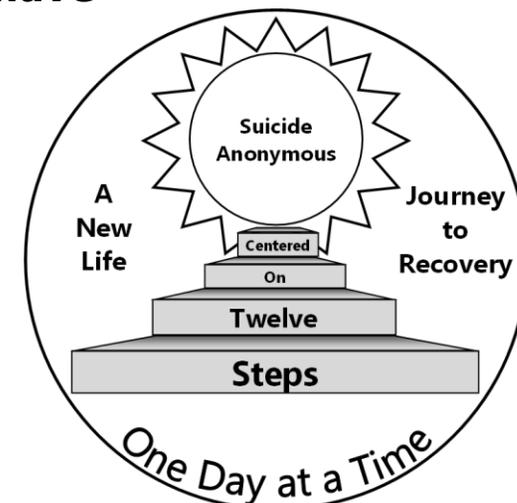
1. We admitted we were powerless over suicidal preoccupation that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to those who still suffer and to practice these principles in all our affairs.

SUICIDE ANONYMOUS

The only qualification for membership is a desire to stop living out a pattern of suicidal ideation and behavior

Are you a suicide addict?

Questions newcomers may have



YOU ARE NOT ALONE

<http://www.suicideanonymous.net>
 901-654-7673
 info@suicideanonymous.net

SA 12 Characteristics

1. I don't relate to and am afraid of most people, especially those who seem the happiest. Successful or important people can be a trigger for hopelessness, shame and even suicidal thoughts. I'll never be good enough! Life is not worth living. Everyone would be better off if I was gone.

2. My suicidal thoughts and plans help me to stay in control. I know I can overcome depression, sadness, loneliness and fear with suicidal thoughts to comfort me.

3. Planning suicide always gives me an indescribable peace. Nothing else makes me feel as safe, content, even excited.

4. I depend on having suicidal plans in the back of my mind, ready to pull out for review when I'm triggered. I find suicidal planning and rumination brings physical and mental relief quite quickly, just like any narcotic or alcohol. Suicidal ideation is my "fix".

5. Sometimes I enjoy hurting myself. I'll take unhealthy risks with medications, guns or any other means I can, to bring relief without giving it a second thought.

6. No one ever knows what I'm thinking. I never, ever talk about my suicidal plans with anyone. I keep secrets for fear of people knowing who I really am, what I really am. The secrecy brings me peace.

7. Part of my suicidal plan(s) is to take the "sign" steps... i.e., watch old home movies, sell personal possessions, keep a

supply of medication and/or guns at easy disposal etc. I enjoy the control.

8. Suicidal thinking brings much needed relief but at the same time, shame. Shame cries out for relief, so I turn to suicidal thoughts which bring more shame and more suicidal thoughts. I'm trapped and alone!

9. I've cancelled appointments, meetings, engagements and trips because my depression level was unmanageable. This results in guilt, shame and suicidal thinking and rumination. I turn to my suicidal plans.

10. I feel safe in isolation. I can't hurt anyone, no one can hurt me. I'm weary of acting as if I'm happy around others. My being a phony and "not as good as" results in shame, which results in suicidal thinking. I turn to my suicidal plans for relief.

11. I avoid stress, guilt, loneliness, anger, shame, fear and envy through suicidal thoughts and rumination.

12. I picture my funeral and wonder how many people will attend. I enjoy watching them cry at my passing. I think of suicide when I'm hurt, shamed, judged or otherwise triggered and I hope they'll see how badly they hurt me and feel sorry for me with punishing guilt of what they did.

If you can identify with one or more of these characteristics you may be a suicide addict.

20 Questions for Self-Diagnosis:

The following questions are designed to be used as guidelines to identify possible signposts of suicide addiction. They are not intended to provide a sure-fire method of diagnosis, nor can negative answers to these questions provide absolute assurance that the illness is not present. Many suicide addicts have varying patterns which can result in very different ways of approaching and answering these questions. Despite this fact, we have found that to-the-point questions have often provided an effective tool for self-diagnosis. We appreciate that the diagnosis of suicide addiction is a matter that needs to be both very serious and very private. We hope that these questions will prove helpful.

1. Have you ever fantasized about suicide?
2. Have you ever fantasized about past or future suicide experiences?
3. Have you ever fantasized about the relief suicide would give you?
4. Has fantasizing about suicide ever calmed you down?
5. Have suicide thoughts ever given you a "fix"?
6. Have you ever hidden suicidal thoughts from others?
7. Have you ever viewed suicide as a personal privilege?
8. Have you ever used the pursuit of the perfect suicide as a "drug" to cope with pain?