

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

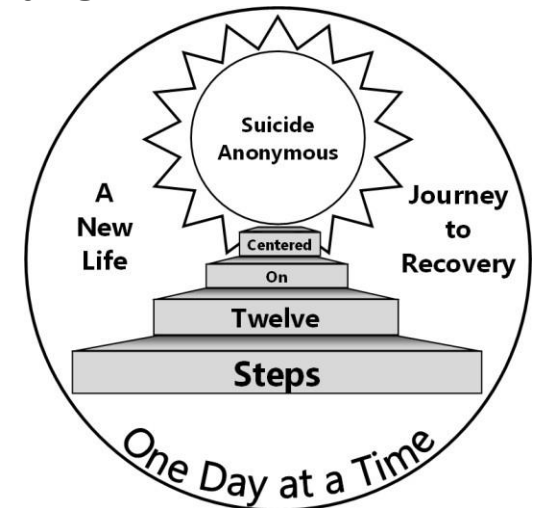
1. We admitted we were powerless over suicidal preoccupation that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching 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>
info@suicideanonymous.net

SA 12 Characteristics

1. I will never be good enough. I do not relate to and am afraid of most people, especially those who seem the happiest or most successful. They can trigger hopelessness, shame, and even suicidal thoughts.
2. I hate myself. I think people in my life would be better off if I were gone. I believe that life is not worth living.
3. My suicidal thoughts help me to stay in control and give me an indescribable peace. They comfort me and help me overcome depression, sadness, loneliness, and fear.
4. Sometimes I enjoy hurting myself. I take unhealthy risks with medications, guns, or other methods of harm to bring me relief.
5. I never talk about my suicidal plans with anyone. I am afraid that people will find out who I really am. This secrecy brings me peace.
6. My suicide plans include researching suicide methods, selling or giving away my things, watching old home videos, collecting paraphernalia for suicide, and writing suicide notes. The intensity of the obsession makes it difficult to complete even simple tasks.
7. I isolate myself so that no one can hurt me, and I can't hurt others. When I am alone, I don't have to pretend to be ok.
8. When attempting suicide, I can go into a trance and/or dissociate. I can also become hypervigilant with racing thoughts, increased heart rate and disturbed sleep.
9. I visualize my funeral and wonder how

many people will attend. I imagine their grief and feel satisfied. I hope they will see how badly they hurt me and punish themselves with guilt. Sometimes, I fear that if I complete suicide, I will ruin peoples' lives and they will never forgive me.

10. I first noticed suicidal thoughts at an early age, even in childhood.
11. After a failed attempt, I go into withdrawal. I experience deep pain and shame when facing family, friends, and caregivers. I fear their anger and resentment over my suicidal behavior.
12. I have noticed that once I attempt suicide, it gets easier to make more attempts. It begins to feel addictive.

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?