

SA 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.