

Suicide Anonymous

The Twelve Characteristics

The characteristics are based on the experiences that Suicide Anonymous members have shared about their patterns of suicidal thoughts and behaviors. If one or more of these characteristics resonate with you, then our fellowship may be helpful to you.

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 and/or try to stop me. 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.