

Reasons for Living

A Suicide Prevention Resource for Autistic Individuals
Developed by the Autism and Suicide Prevention Workgroup

Why Reasons for Living are Important

Reasons for living can

- remind you why to not die
- give you hope
- help regulate your feelings
- remind you that you have a purpose
- remind you who you are and what you can do

How to Create a List of Your Reasons for Living

Ask yourself these questions:

- What is one reason I want to stay alive now?
- What is one thing I love?
- What do I want to keep doing?
- What object, pet, or person is very important to me?
- What goal(s) do I have for the future?

Living with thoughts of suicide can be very hard. It is important to remember:

- You decide your reasons for living.
- Your reasons for living can change.
- It can be hard to make a list of reasons for living.
- You do not need to finish your list all at once.
- You can ask for help with your list.
- Other people do not need to be your reasons for living, but they can be.
- Reasons for living can be big or small.
- You should write down your reasons for living so that you can remember them even when you are upset.
- You can draw or add pictures to your list.

Where to Keep Your List

- In the same place
- A place you can easily find it, like on your phone or in a location you check often
- It is important to know where it is at all times
- You can have more than one copy and keep them in different places

When to Use Your List

- When you have thoughts of hurting or killing yourself
- When you are unsure about continuing to live

Some Ideas for How to Use Your List

- Hold it in your hand
- Read it silently
- Read it out loud
- Read through the list over and over
- Read one reason at a time and think about each reason
- Draw pictures or look at pictures of your reasons
- Write the list over and over

Changing Your List

- It is important for you to change your list if your reasons for living change.
- Look at your list again when you are not upset and make any changes you think it needs.

Autism and Suicide Prevention Workgroup Co-Chairs: Lisa Morgan and Brenna Maddox

Autism and Suicide Prevention Workgroup Members: John Ackerman, Teal Benevides, Michal Cook, Wendy Farmer, Shari Jager-Hyman, Anne Kirby, Emily Moubray, Jessica Schwartzman

Reasons for Living © 2023 by Lisa Morgan & Brenna Maddox is licensed under CC BY-NC-ND 4.0. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/>