CAMS THERAPEUTIC WORKSHEET: UNDERSTANDING YOUR SUICIDALITY

Date of Session: ____

Session #: ____

I. PERSONAL STORY OF SUICIDALITY

Why are you suicidal? How do you understand you suicidality? How do you understand your relationship to suicide? What is your personal story?

II. DRIVERS OF SUICIDALITY

Problem #2: _____

Problem #3: _____

Now let us examine the factors underlying your suicidality or what we refer to as "drivers." Please only complete those sections that have relevance toward your own experience of suicidality. Your answers may overlap with the information you provided on the Suicide Status Form in the first therapy session. However, new information may also be added over the course of treatment in order to most accurately reflect your personal experience of suicidality.

What are the "direct drivers" that lead me to feeling suicidal?

Specific thoughts (e.g., "It would be easier on everyone if I were dead.")

Specific feelings (e.g., "I just feel so much shame.")

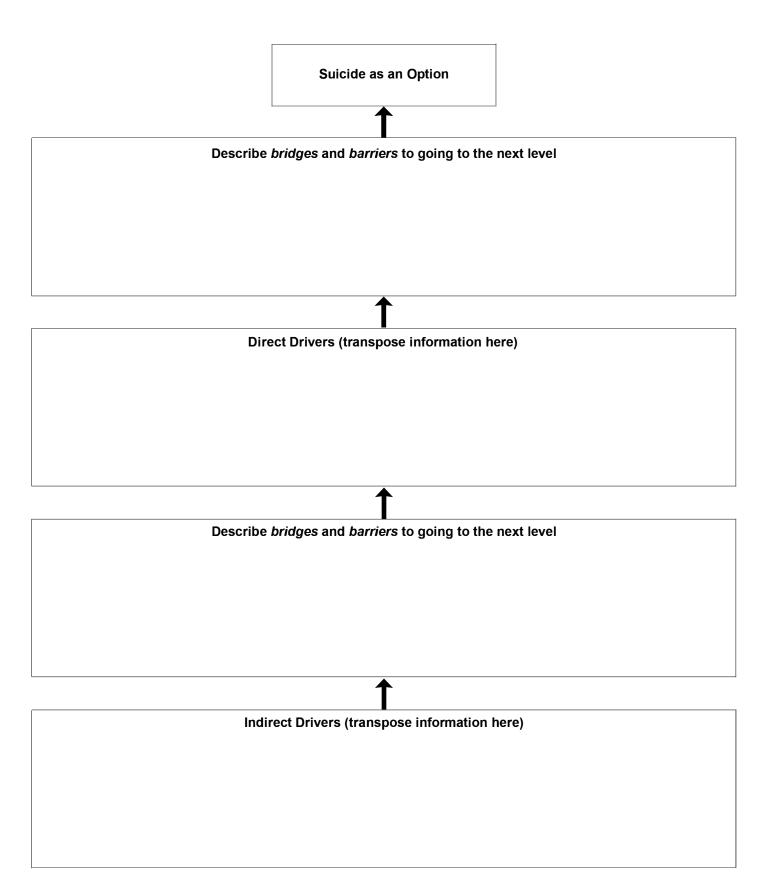
Specific behaviors(e.g. "When I waste time all day long.")

Specific themes (e.g., patterns in relationships or self-concept)

What are the "indirect drivers" that lead me to feel suicidal?

Indirect drivers: Underlying factors that contribute, but do not necessarily lead to, acute suicidal ideation, feelings, and behaviors (e.g., homelessness, depression, substance abuse, PTSD, isolation).

III. SUICIDAL CONCEPTUALIZATION



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