

**Reasons For Living Activity:**

*(Adapted from Linehan, 1983: Reasons for Living Scale)*

**This is a good activity to do with your individual therapy or with another person who cares about you. Put a check mark by any of the following reasons to live that you do or can believe in:**

\_\_\_\_\_ I have a responsibility and commitment to my family and/or other people important to me

\_\_\_\_\_ I believe I can learn to adjust or cope with my problems

\_\_\_\_\_ I believe I have or can learn control over my life and what I do with it

\_\_\_\_\_ I have a desire to live

\_\_\_\_\_ I believe that only a Supreme Creator has the right to end a life

\_\_\_\_\_ People depend on me and need me

\_\_\_\_\_ In the end, I want to live and enjoy my life

\_\_\_\_\_ I have future plans or goals that I look forward to carrying out

\_\_\_\_\_ No matter how badly I feel, I know that it won't last forever

\_\_\_\_\_ There are some people/pets I love and/or care about so much that I could not leave them

\_\_\_\_\_ I want to experience all that life has to offer, and there are many experiences I haven't had yet that I want to have.

\_\_\_\_\_ I care enough about myself to want to live

\_\_\_\_\_ Life can be too beautiful and precious to end it

\_\_\_\_\_ I believe I can find other solutions to my problems

\_\_\_\_\_ I am curious about what will happen in the future

\_\_\_\_\_ My religious/spiritual beliefs forbid ending my life

\_\_\_\_\_ In the end, I have a love for life

\_\_\_\_\_ I believe that everything has a way of working out for the best

\_\_\_\_\_ I still have many things left to do

\_\_\_\_\_ I have the courage to face life

\_\_\_\_\_ Everyone experiences pain and suffering in life, and it's important to understanding joy and life itself

\_\_\_\_\_ I am stronger than I think I am

\_\_\_\_\_ I have hope that things will continue to improve and the future will be happier

\_\_\_\_\_ I have an inner drive to survive

\_\_\_\_\_ I believe I have or can find a purpose in life and a reason to live

\_\_\_\_\_ I believe I do or can learn to feel good about myself and my life

\_\_\_\_\_ I can find meaning in my experiences and use them to create a better life for myself

\_\_\_\_\_ There are areas in my life where I feel needed

\_\_\_\_\_ I matter

\_\_\_\_\_ When I'm not feeling bad, I have pride in my life and in my accomplishments

\_\_\_\_\_ My contributions to others' lives are important

Other Reasons for Living:

*Keep this list with you, and make as many copies of it as you need. When you need it, pull it out and remind yourself that there are reasons to keep going, and that you are valuable, needed, and wanted.*