

Reasons for Living Inventory

Name: _____ Age: _____

Practitioner: _____ Session date: _____

Instructions

The following inventory includes reasons people sometimes give for **not** ending their life. This inventory aims to understand how important each of these reasons is to **you**. Please read through each reason, and rate it on a scale of 1 to 6. Try to rate all reasons as honestly as you can. If you have any questions, let your mental health practitioner know.

Each reason can be rated on a scale from 1 to 6. Please use the following numbers:

- 1 = Not at all important (as a reason for **not** ending my life); 2 = Quite unimportant;
- 3 = Somewhat unimportant; 4 = Somewhat important; 5 = Quite important;
- 6 = Extremely important (as a reason for **not** ending my life)

Survival and coping beliefs						
	1	2	3	4	5	6
1. I care enough about myself to live						
2. I believe I can find other solutions to my problems						
3. I still have many things left to do						
4. I have hope that things will improve and the future will be happier						
5. I have the courage to face life						
6. 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						
7. I believe everything has a way of working out for the best						
8. I believe that I can find a purpose in life, a reason to live						
9. I have a love of life						
10. No matter how badly I feel, I know that it will not last						
11. Life is too beautiful and precious to end it						
12. I am happy and content with my life						
13. I am curious about what will happen in the future						
14. I see no reason to hurry death along						
15. I believe I can learn to adjust or cope with my problems						

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	1	2	3	4	5	6
16. I believe killing myself would not really accomplish or solve anything						
17. I have a desire to live						
18. I am too stable to kill myself						
19. I have future plans I am looking forward to carrying out						
20. I do not believe that things get miserable or hopeless enough that I would rather be dead						
21. I have an inner drive to survive						
22. I do not want to die						
23. Life is all we have and is better than nothing						
24. I believe I have control over my life and destiny						
Responsibility to family						
	1	2	3	4	5	6
25. It would hurt my family too much and I would not want them to suffer						
26. I would not want my family to feel guilty afterward						
27. I would not want my family to think I was selfish or a coward						
28. My family depends upon me and needs me						
29. I love and enjoy my family too much and could not leave them						
30. My family might believe I did not love them						
31. I have a responsibility and commitment to my family						
Child-related concerns						
	1	2	3	4	5	6
32. The effect on my children could be harmful						
33. It would not be fair to leave the children for others to take care of						
34. I want to watch my children as they grow						

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Fear of suicide

	1	2	3	4	5	6
35. I am afraid of the actual “act” of killing myself (the pain, blood, violence)						
36. I am a coward and do not have the guts to do it						
37. I am so inept that my method would not work						
38. I am afraid that my method of killing myself would fail						
39. I am afraid of the unknown						
40. I am afraid of death						
41. I could not decide where, when, and how to do it						

Fear of social disapproval

	1	2	3	4	5	6
42. Other people would think I am weak and selfish						
43. I would not want people to think I did not have control over my life						
44. I am concerned about what others would think of me						

Moral objections

	1	2	3	4	5	6
45. My religious beliefs forbid it						
46. I believe only God has the right to end a life						
47. I consider it morally wrong						
48. I am afraid of going to hell						

*Please return this form to your mental health practitioner when complete.

PRACTITIONER USE ONLY

Total scores for each category

Survival and coping beliefs	Responsibility to family	Child-related concerns	Fear of suicide	Fear of social disapproval	Moral objections
Overall total score:					

Scoring and interpretation

For scoring, each response on the Likert scale corresponds to a specific point value:

- 1 = 1
- 2 = 2
- 3 = 3
- 4 = 4
- 5 = 5
- 6 = 6

Overall scores provide a snapshot of the client's reasons for living and psychological resilience.

- **High total score (240–288):** A high total score suggests that the client has a strong sense of reasons for living and numerous protective factors. They perceive their life as important and have several sources of motivation, hope, or support.
- **Moderate total score (150–239):** A moderate total score suggests that the client may have some reasons for living but might be struggling with a lack of connection to important aspects of life (e.g., future goals, relationships, personal meaning). There could be areas of vulnerability or room for growth in terms of finding more reasons to stay alive.
- **Low total score (48–149):** A low total score may suggest that the client may have limited reasons for living or may be experiencing significant distress, hopelessness, or isolation. This could indicate a higher risk of suicidal ideation or mental health issues. Low scores often require focused interventions to build up a sense of purpose, social support, or hope for the future.

Individual scores within each category highlight areas where the client may be struggling.

For example, if a client scores low in the '**responsibility to family**' category, it suggests that they may feel disconnected or unsupported in their family relationships. This could indicate that extra support or intervention is needed to help them build or strengthen those connections, explore feelings of responsibility, or address family-related challenges.

Reference

Linehan, M. M., Goodstein, J. L., Nielsen, S. L., & Chiles, J. A. (1983). Reasons for staying alive when you are thinking of killing yourself: the reasons for living inventory. *Journal of consulting and clinical psychology, 51*(2), 276.