

# **Mindful Continuing Education**

## **Tools For Recovery After a Suicide Attempt**

### **How Did It Get to This Point?**

1. While the events that lead to a suicide attempt can vary from person to person, a common theme that many suicide attempt survivors report is:
- A. Extreme feelings of isolation that make their lives feel as if they are void of purpose
  - B. Current or past experiences have created overwhelming feeling of helplessness, guilt, or shame
  - C. The need to feel relief
  - D. There is no way to change things for the better
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### **What Am I Feeling Right Now?**

2. After a suicide attempt, survivors experience emotions ranging from anger, shame, embarrassment, loneliness, and uncertainty about the future.
- A. True
  - B. False
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### **Taking the First Steps**

3. The authors recommend each of the following steps to help suicide attempt survivors transition back to everyday life EXCEPT:
- A. Decide in advance how to deal with others' questions about the suicide attempt
  - B. Practice self-care
  - C. Re-establish positive connections and discuss experiences and feelings with a behavioral health professional
  - D. Prepare a safety plan to have in place if suicidal thoughts return
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### **Talking With Others About Your Attempt**

4. Experts recommend sharing as much as possible about the suicide attempt with others when they ask, as this is a way to begin to alleviate the fear, shame, and guilt

that is often experienced by survivors.

- A. True
  - B. False
- 

5. Reactions from others after a suicide attempt range from being judgmental, avoiding the topic, or feeling confused, hurt, angry, or betrayed, and those who care the most often have the strongest reactions to the suicide attempt because they can't imagine life without their loved one.

- A. True
  - B. False
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6. A system for monitoring the intensity of suicidal thoughts, should they occur, such as using a scale from one to five, can help individuals notice if things are getting better or worse and can help them communicate how much assistance is needed from their support system.

- A. True
  - B. False
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## Re-Establishing Connections

7. When re-establishing connections that may have been lost during periods of depression or when experiencing suicidal thoughts and actions, questions that the individual may want to ask include:

- A. Who are the important people in my life, what are my plans for the future, and what have I always wanted to do in life?
  - B. What have I come to believe about suicide, what gives me a sense of purpose in life, and what are my other reasons for living?
  - C. What are the things I cherish in life, what things do I enjoy doing, and what did I used to enjoy?
  - D. All of the above
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## Developing Your Safety Plan

8. The most important reason for an individual to be able to recognize what triggers suicidal thoughts is so that he or she can recognize that although these thoughts seem devastating or insurmountable in the moment, there is hope.

- A. True
  - B. False
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## Getting What You Need From Counseling

9. Collaborative Assessment and Management of Suicidality (CAMS) is an approach to suicide risk assessment and therapy that engages a person in a collaborative way and specifically works to address suicidal thinking and:

- A. Motivation
  - B. Emotional regulation
  - C. Targeted interventions
  - D. Problem-solving skills
- 

## Moving Toward a Hopeful Future

10. Many survivors talk about a “second chance,” or slowly coming to value what would have been lost if their attempt had resulted in death, and over time, they begin to reclaim a sense of purpose in their lives, real reasons for hope, and:

- A. Self-love and forgiveness
  - B. An awareness of normalcy
  - C. Connectedness to others
  - D. A new sense of identity
- 

11. Some suicide attempt survivors recommend putting together a “hope box” that can serve as a physical reminder of the things in life that bring joy, such as photos, letters, poems, books, scripture passages, movies, music, special trinkets, and a safety plan.

- A. True
  - B. False
- 

## Sample Safety Plan

12. Which of the following is NOT likely to be included in a safety plan after a suicide attempt?

- A. Warning signs and internal/external coping strategies
- B. People and social settings that provide distraction/people and resources that provide help

**C. Detailed explanations of previous attempts and outcomes/plans of actions that have and have not worked in the past**

**D. Ways to make the environment safer/reminders of hope and reasons for living**

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