

DD

The Core Suicide Risk System Thought Patterns and Challenging of Irrational Beliefs

Thought Pattern	Example Thoughts	Challenging Questions/Statements
Unbearable Pain	<p>I cannot stand this pain.</p> <p>Nothing can ever relieve this pain.</p>	<p>Have you ever hurt in your life and then felt better?</p> <p>Let's go to work on how to regulate the pain that you feel is unbearable.</p>
Hopelessness	<p>Nothing will ever work out for me.</p> <p>The future is dark.</p> <p>Nothing I ever do will be any good.</p>	<p>Have you ever had any kind of things worked out in your life?</p> <p>Have you ever felt really down and then things got better? Tell me about this.</p>
Self-Hatred	<p>I despise myself.</p> <p>I am completely worthless.</p> <p>I deserve unhappiness and pain.</p>	<p>Have you ever felt that someone loved or cared about you?</p> <p>Did you ever feel like you did something right? Why do you think you deserve pain and punishment?</p>
Suicide Ambivalence	<p>I have more reasons to die than to live.</p> <p>I am on the edge of taking my life.</p> <p>My wish to live is fading.</p>	<p>What are your reasons to die?</p> <p>What are your reasons to live?</p> <p>What if someone you cared about was thinking about harming themselves. What would you say to them?</p>
Sense of Failure	<p>I am a complete failure.</p> <p>I can never live up to the expectations people have for me.</p> <p>I'll never accomplish anything important.</p>	<p>Did you ever do something that worked out right?</p> <p>What is it that you (not someone else) want in your life?</p> <p>Did you ever do something where you felt successful?</p>
Demoralized Distress	<p>I have no energy to stay alive.</p> <p>I am completely worn out and can't go on.</p> <p>I have given up.</p>	<p>What has ever worked out so you felt energy and motivation?</p> <p>What kinds of things have ever given you energy?</p>
Feeling Like A Burden on Others	<p>Other people would be better off without me.</p> <p>My very existence harms other people.</p> <p>I am not worth caring about.</p>	<p>On whom do you think you are a burden?</p> <p>If this person or these persons were here would they say that they feel you were better off dead?</p> <p>If a loved one felt they were a burden on you, what would you say to them?</p>
Thwarted Belonging	<p>I do not belong.</p> <p>I do not matter in anyone's life.</p> <p>No one really cares whether I live or die.</p>	<p>Have you ever felt cared for?</p> <p>Do you have or have you ever had friends?</p> <p>Do you think that you might pick the wrong persons or situations to make friends?</p>