Not an Option x **Taking the Option of Suicide off the Table NotAnOption.live**

Use back if needed

1. **Reasons or situations that could merit ending my life:**

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1. **Who would be affected (short term & long term) if I end my life by suicide? How might they feel?** Use back if needed

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1. **Reasons why I WANT or to NEED to live:**

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1. **Reasons why suicide is not an option for me:**

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1. **What other options/resources do I have?**

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**A contract with MYSELF (made while I am sane & sober)**

**No matter what comes, I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will never kill myself. date:\_\_\_\_\_\_\_\_\_\_\_\_\_**