

The Suicide Scale

1: I am so happy that I will literally go insane if the happiness is sustained for any length of time.



2: I am feeling pretty rad. I vaguely recall times I have been unhappy, but it feels like distant memories now. Things are looking up!



3: It is not the best day of my life.. I have stuff on my mind, but I don't think of suicide, except for when that one weird friend brings up stupid hypotheticals..



4. Suicide doesn't occur to me except in moments of frustration or stress. It is like a weird escape hatch my brain has decided to just go to in an attempt to escape stress. It doesn't feel serious..it's almost a joke.



5. The joke is getting really stale. Suicide ideation and other intrusive thoughts keep happening, but I am mostly interested in other things. It's like a low key death affinity.



6. I am thinking about suicide a lot. It is seriously troubling. I can distract myself if I really try. However, if an out of control semi was headed toward me, I might not move. I am passively suicidal.



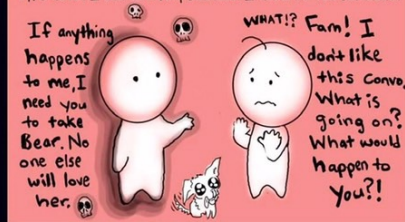
7. I cannot stop thinking about suicide, and, unfortunately, I can't distract myself. I might be doing more risky things, like driving recklessly or drinking to excess. I have graduated from passively suicidal to having a death wish. I need help



8. I am no longer fighting the thoughts, just sort of indulging in them. I sort of want to make the decision to make the suicide plan, but I am stopping myself. I am holding on, but only barely. It isn't safe for me to be alone. I am suicidal.



9. I am actively making a plan to end my life. I am telling people good-bye, settling accounts, and starting to write THE note. I am actively suicidal. I need to tell someone.



10. I am actively trying to kill myself. If I do not get medical attention, it is very likely I will die.

