

CAMS Therapeutic Worksheet: **Understanding Your Suicidality**

Date of Session:

I. Personal Story of Suicidality

Why are you suicidal? How do you understand your suicidality? How do you understand your relationship to suicide? What is your personal story?

II. Drivers of Suicidality

Problem #2:

Problem #3:

Now let us examine the factors underlying your suicidality or what we refer to as “drivers.” Please only complete those sections that have relevance toward your own experience of suicidality. Your answers may overlap with the information you provided on the Suicide Status Form in the first therapy session. However, new information may also be added over the course of treatment in order to most accurately reflect your personal experience of suicidality.

What are the “direct drivers” that lead me to feeling suicidal?

Specific *thoughts* (e.g., “It would be easier on everyone if I were dead.)

Specific *feelings* (e.g., “I just feel so much shame.”)

Specific *behaviors* (e.g., “When I waste time all day long.”)

Specific *themes* (e.g., patterns in relationships or self-concept)

What are the “indirect drivers” that lead me to feel suicidal?

* Indirect drivers: Underlying factors that contribute, but do not necessarily lead to acute suicidal ideation, feelings, and behaviors (e.g., homelessness, depression, substance abuse, PTSD, isolation)

III. Suicidal Conceptualization

