

Before the Attempt

Emotional State

When people who attempted suicide were asked what they were **feeling** just before they tried to kill themselves, they reported feeling:

- Intense emotional pain (although some appear calm and controlled to others).
- Extremely hopeless, helpless, hapless and worthless.
- Unable to find meaning in life.
- Unable to ask for help.
- Emotionally drained and weak.
- Cut off from other people.
- Anger, resentment and hostility.
- A vague hope that someone might rescue them at the last minute.

Thought Process

Those who have attempted suicide say that just before they tried to kill themselves their **thoughts** were:

- Mentally confused.
- Repetitive (could not get a particular stream of thought out of their heads).
- Rigid ("either-or" thinking with little ability to problem-solve).
- Tunnel-visioned (extremely rigid thinking during which only one option is seen).
- Extreme (exaggerations of fears, failures, embarrassment, humiliation).