

0 = Not at all like me

1

2

3

4 = Very much like me

Item

13.* It would be painful and frightening to take my own life.

16.* I am afraid to use any method to kill myself.

21.* Picturing my own suicide is a very scary thing for me.

22.* Even if I wanted to, killing myself is too scary to follow through with.

24. I could kill myself if I wanted to.

30. If I thought others would be better off without me, I wouldn't be afraid to kill myself

31. Over time, I expect I'll be less afraid of suicide.
