

WHAT CAN I SAY?

Instructions: When the facilitator tells you to begin, take turns looking at each other and saying one line on this card. Pause and think: How did this sound out loud? Discuss with each other how this came across and whether you think it might be helpful or unhelpful when talking to a person who may be feeling suicidal.

“What’s wrong with you?”

“You seem very upset. Can you tell me what’s wrong?”

“Have you been thinking about suicide?”

“Don’t make a mess for me to clean up.”

Card A

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“Are you thinking of hurting yourself?”

“Well, if you’re serious, let’s see you try it.”

“You get three meals a day and a bed on the taxpayer’s dime. What’s your problem?”

“Sometimes, people hurt themselves on purpose: Is that what happened here?”

Card B