

## Appendix B

### COMMITMENT TO LIFE

I, \_\_\_\_\_ (print name) agree to the following:

1. One of my major goals is to live a long life with more fulfillment and meaning than I have now.
2. I understand that becoming suicidal when depressed or upset keeps me from attaining this goal, and I want to overcome this tendency.
3. As a part of my commitment to live, I am agreeing to (initial in all blanks that apply):

\_\_\_\_\_ Schedule and attend an appointment with the church counseling ministry: 919.383.7100.

\_\_\_\_\_ Not place myself in situations where I will be alone.

\_\_\_\_\_ Remove objects with which I could harm myself from my direct access.

\_\_\_\_\_ Refrain from alcohol, drugs, or other mood altering substances.

\_\_\_\_\_ Distance myself from situations / people that tend to trigger my despair (list below).

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\_\_\_\_\_ Other: \_\_\_\_\_

\_\_\_\_\_ Other: \_\_\_\_\_

4. If at any time I should feel unable to resist suicidal thoughts or impulses, I agree to call \_\_\_\_\_ (print name) at (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ or (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ or go directly to \_\_\_\_\_ (hospital or emergency room) at \_\_\_\_\_ (address).

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date