

The Counseling Team International
1881 Business Center Drive, Suite 11
San Bernardino, CA 92408
(909) 884-0133
www.thecounselingteam.com

Suicide Clues

Relationship Reference

1. He/she will be better off without me.
2. Nobody cares.
3. He/she will be sorry when they find me.
4. He/she will be sorry when they find out what I did.
5. I can't wait to see his/her face when they find me dead.
6. My mother is so angry with me because I won't have anything to do with her now. She thinks she has done something wrong but it just makes it easier this way.
7. He deserves what I'm going to do to him.
8. I've never been good enough for him, it'll be better this way.
9. Everything will be all right when my husband finds me.
10. I'm going to make him suffer like I have.
11. My children don't need me anymore -- they'll be okay.