

Reasons for Living Inventory—LMO Version

Name: _____	
Date of Completion: <i>Jan. 20/2023</i>	☐ Piihtikway/Welcome ☐ Follow-up (Months since initial: _____) ☐ In Response to Major Change ☐ After Crisis Response
Staff Reviewing the RFL: _____	
To ensure wraparound support, the RFL may be shared with other staff at LMO. Tick the boxes of the teams below and write in the name(s) of staff on each team you give permission to share the RFL with. ☐ Elder's Council: _____ ☐ ECD: _____ ☒ CYMH: _____ ☐ Family Support: _____ ☒ Child Safety: _____ ☐ Youth Team: _____ ☒ Kikékyelc: _____	

INSTRUCTIONS: Many people have thought of suicide at least once. Others have never considered it. Whether you have considered it or not, we are interested in the reasons you would have for not killing yourself if the thought were to occur to you.

On the following pages are reasons people sometimes give for not killing themselves. We would like to know how **much you believe** each of these possible reasons would be to you at this time in your life as a reason to live. We also want to know how **important** each of these possible reasons are as a reason for living. It may be the case that a statement is very important, but you don't believe it is true for you at this moment.

Each reason can be rated from 1 (Do Not Believe At All/Not At All Important) to 6 (Believe Strongly/Extremely Important). For each statement, circle the number to indicate how much you believe it (B) **and** how important (I) each reason is for living.

At the bottom of list, there are two blank spaces to write in reasons for living that are important to you but are not included in the list. You can write these in and then rate how much you believe it and how important it is to you.

Even if you never have or firmly believe you never would seriously consider killing yourself, it is still important that you rate each reason. In this case, rate on the basis of why killing yourself is not or would never be an alternative for you.

As you review the reasons for living, an LMO staff person will support you and talk about your responses and a plan moving forward.

(B) This is something I do not believe at all right now as a reason for living	Do Not Believe Quite a Bit	Do Not Believe Somewhat	Believe Somewhat	Believe Quite a Bit	This is something I believe strongly right now as a reason for living
1	2	3	4	5	6
(I) Regardless of how much I believe this right now, it is not at all important as a reason for living	Quite Unimportant	Somewhat Unimportant	Somewhat Important	Quite Important	Regardless of how true this is for me right now, it is extremely important as a reason for living

1. Whenever I have a problem, I can turn to my wahkootowin for support or advice.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
2. It would be painful and frightening to take my own life.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
<i>if it was a train 'ya'</i>							
3. I accept myself for who I am.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
4. I have a lot to look forward to as I grow older.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
5. I feel loved and accepted for who I really am by my close friends.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
6. I feel emotionally close to my wahkootowin.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
7. *I have hope that I will be loved, accepted, and supported by my wahkootowin and friends in the future.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6

8. I am afraid to die, so I would not consider killing myself.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
9. *I am hopeful that I will like and accept myself as I am in the future.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
10. My friends care a lot about and appreciate me.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
<i>hard to answer B right now.</i>							
11. I hope to accomplish my plans or goals in the future.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
12. My wahkootowin take the time to listen to my experiences at school, work, or home.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
13. I expect many good things to happen to me in the future.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
14. I enjoy being with my wahkootowin.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
15. I expect to be successful in the future.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
16. The thought of killing myself scares me.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
17. I am afraid of using any method to kill myself.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
<i>afraid of some methods of killing self.</i>							
18. I can count on my friends to help if I have a problem.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6

19. *I have hope that I will be able to count on my wahkootowin and friends in the future.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
20. Most of the time, my wahkootowin encourage and supports my plans or goals.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
21. My wahkootowin care about the way I feel.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
22. My future looks quite hopeful and promising.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
23. *I have a clear picture of what I want my life to look like in the future.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
24. I feel good about myself.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
25. My wahkootowin care a lot about what happens to me.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
26. *I have hope that in the future my wahkootowin will care about what happens to me.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
27. I would be frightened or afraid to make plans for killing myself.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
28. *I have a strong connection to my spirituality.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
29. *I find meaning from participating in cultural ceremonies and traditions.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6

30. *No matter how hard things get, I believe that the Creator wants me to live.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
31. *People in my life have taught me that my life is valuable.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
32. *Elders in my community care about me.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
33. *I feel a connection to land, nature, and the natural world around me.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
34. *I want to take care of my body and physical needs.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
35. *I believe that my life has a purpose.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
36. *I believe I can make things work out even when life gets difficult.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
37. *I am worried about what would happen to my soul if I killed myself.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
38. *I am worried about what would happen to my wahkootowin and friends if I killed myself.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
39.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6
40.	B	1	2	3	4	5	6
	I	1	2	3	4	5	6

Scoring

Staff will collaboratively score the Reasons for Living Inventory adding together the ratings for specific items as indicated below. If you included additional reasons for living at the bottom of the RFL, you can decide which area those reasons fit with best.

Hope and Future Optimism			Purpose and Self-Acceptance		
Item	Believe Rating	Importance Rating	Item	Believe Rating	Importance Rating
4	2	3	3	3	5.5
11	4	4	9	1	3
13	3	3	24	3	3
15	3	3	34	4	4
22	2	4	35	5	5
23	3	4	36	4	4
Total (add all ratings)			Total (add all ratings)		
17			20		
21			24.5		
Meaning and Culture			Suicide Related Concerns		
Item	Believe Rating	Importance Rating	Item	Believe Rating	Importance Rating
28	2	4	2	1.5	2.5
29	4	4	8	2	3
30	5	5	16	1	1
31	3	4	17	3	4
32	3	4	27	1	3.5
33	4	4	37	4	4
			38	5	5
Total (add all ratings)			Total (add all ratings)		
21			17.5		
25			27		
Belonging with Wahnootowin and Peers					
Item	Believe Rating	Importance Rating	Item	Believe Rating	Importance Rating
1	1.5	3	18 (peers)	3	4
6	2	3	19	3	3
5 (peers)	4	4	20	2	4
7	3	3	21	2	3
10 (peers)	SEE NOTES	2	25	4	4
12	2	2	26	4	4
14	2	2			
Total B (add all ratings)			Total I (add all ratings)		
14.5			18		
19			22		

$$B = 32.5$$

$$I = 41$$