

## **Inventory for Crisis Counseling**

1. Have you made plans for suicide? How did you plan to do it?
2. Have you ever attempted suicide? What exactly did you do?
3. Have you neglected responsibilities? What specifically have you neglected?
4. Do you find it hard to concentrate on anything?
5. Do you have trouble sleeping? How much sleep do you get?
6. Has there been a change in your eating habits?
7. Has anyone else in your family attempted suicide?
8. Have there been any recent changes in your spiritual life?
9. Do you read the bible, pray, witness, attend church? Have you doubted your salvation?
10. How do you view your future?
11. Do you have goals to accomplish? What are they?
12. Do you have plans for carrying out these goals? What are they?
13. On a scale of one to ten, how excited are you about life? (1 is low and 10 is high.)
14. On a scale of one to ten, how much do you want to die? (1 is low and 10 is death.)

15. What kind of self-destructing thinking and habits do you have?
16. What have been some of the side-effects or consequences for some of the decisions you have made?
17. How do you escape pain?
18. Describe God?
19. Describe what salvation means and give your testimony of salvation.
20. What do you feel guilty?
21. What makes you angry?
22. What do you fear?
23. What are 5 things that trouble you the most?