

## May We Ask...

### **Instructions:**

- So we can better help you, please answer the following two questions.
- If there's something that's unclear, please ask for an explanation.

1) It is a fact that nearly everyone has, at some time, **felt discouraged**.

Please circle the number below (0, 1, 2, or 3) that best describes how you feel right now:

- 0. I am not particularly discouraged about the future.**
- 1. I feel discouraged about the future.**
- 2. I feel I have nothing to look forward to.**
- 3. I feel that the future is hopeless and that things cannot improve.**

2) It is also a fact that many people **have had thoughts of ending their lives**.

Please circle the number below (0, 1, 2, or 3) that best describes how you feel right now:

- 0. I don't have any thoughts of ending my life.**
- 1. I have thoughts of ending my life, but I would not carry them out.**
- 2. I would like to end my life.**
- 3. I would end my life if I had the chance.**