



**Q's Ministry of AIWP / Behavioral Health Image Therapies, BHITS**  
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# The States of Mind That Trigger Suicide

Extreme rumination, overwhelming negative thoughts with confusion, panic with hopelessness, with belief of dooms day, no way out, no room for improvement, and feeling trapped.

Adapted from: Yaseen Z, Katz C, Johnson MS, et al. Construct development: The Suicide Trigger Scale (STS-2), a measure of a hypothesized suicide trigger state. BMC Psychiatry. 2010;10:110.

Adapted from the "Suicide Trigger Scale":

1. Uncontrollable troublesome thoughts
2. Feeling there is no way out
3. Feeling the world is coming to an end or everything will fall apart
4. No being able to get away from it
5. Dreadfulness
6. Not being hopeful that feelings would change
7. Incessant worrying
8. Difficulty initiating sleep because of rumination
9. Foreseeing the worst possible outcome
10. Hopelessness about any change
11. Thoughts that the situation will not return to its original normal state
12. Feeling entangled or trapped
13. Anticipating impending harm or horrific events
12. Too many intruding thoughts make unable to concentrate or make decisions
13. Thought control, wanting troublesome thoughts to vanish but don't
14. Imminent, out of nowhere, panic attacks with physical symptoms
15. Perceiving feelings about the world as different
16. Despite of goodnight sleep, waking up tired and not refreshed
17. Feeling blood running through the veins
18. Helpless to make changes
19. Sensing the walls around one is coming close together or world collapsing
20. Seeing the familiar as novel, decrepit, distorted or deranged
21. Obsessional thoughts, repeating ideas that do not leave the mind
10. Feeling no hope
20. Manic - racing thoughts
21. Feeling Head about to explode with many thoughts one could not control
21. Loss of control, having too little breaks in mind and body
22. Worry about future happenings that could be bad in their outcome
23. Confusion in thought
24. Many thoughts in head
25. Unintelligible or insensible thoughts that are bothersome
26. Hypochondriacal-- perceiving that something is going wrong physically
27. Many thoughts cause headaches
28. Perception of strange physical sensations arising from the body
29. Perception of something going wrong in the body
30. Head pressured by too much thinking
31. Paresthesia, perception of novel sensations crawling in or on skin or body
32. Indescribable Sensations
33. Perception of body dysmorphism, self / body / head image distortions in size and shape