



Commit to More Life

Step 1) Choose a timeframe: To the best of my ability, **I can commit to live for...**

- A year
- A month
- A week
- A day*

Step 2) Choose who you're going to share this with. Pick someone who will be understanding and supportive (ideally someone you have in-person contact with): **I'm going to share this commitment with...**

- 1) _____
- 2) _____
- 3) _____

Step 3) **Choose how** you are going to share your commitment with the person(s) you listed. You can pick more than one. (Note: Research shows that sharing written goals is the best way to succeed).

- Handwritten note(s)
- Email(s)
- Text message(s)
- Message app (Facebook Messenger, WhatsApp, Snapchat, Viber, Line, Telegram, etc.)
- In person conversation(s)
- Phone call(s)

Step 4) **Decide on what you are going to say.** Balance between feeling comfortable with what you share and making a specific commitment. Choose at least one from each column (examples are provided).

Sharing about the crisis experience:	Sharing your commitment:
<input type="radio"/> Say nothing about it (for now) <input type="radio"/> General (“I’ve been really stressed”, “I’ve really been struggling”)	<input type="radio"/> Indirect (“I promise I’ll go to the movies with you next Friday. I’ll get the tickets and you buy the popcorn.”).
<input type="radio"/> Specific (“I was in crisis”, “I was at my breaking point”) <input type="radio"/> Very specific (Ex: “I was thinking about suicide”)	<input type="radio"/> Direct (“I promise I’ll keep living and trying to get help at least until next Friday”)

* If you can't commit to at least another day of life, it would be a good idea to talk with a counselor through the National Suicide Prevention Lifeline (800-273-8255) or Crisis Text Line (text “help” to 741741).