

Fearlessness about Suicide Scale

INSTRUCTIONS: Many people think about suicide at least once in their lifetime. Some people act on these thoughts. Other people have never thought about suicide. We would like to better understand how people think about suicide and whether or not they would be fearful of killing themselves. **Even if you've never thought about suicide**, please read the statement about suicide below and mark the number that best corresponds with how much you agree with that statement in the space provided.

Agreement with each statement should be rated on the following scale:

- 0 – Strongly disagree
- 1 – Disagree
- 2 – Somewhat disagree
- 3 – Neither agree nor disagree
- 4 – Somewhat agree
- 5 – Agree
- 6 – Strongly agree

- ___ 1. (R) It would be painful and frightening to take my own life.
- ___ 2. (R) I am afraid to use any method to kill myself.
- ___ 3. (R) Picturing my own suicide is a very scary thing for me.
- ___ 4. (R) Even if I wanted to, killing myself is too scary to follow through with.
- ___ 5. I could kill myself if I wanted to.
- ___ 6. If I thought others would be better off without me, I wouldn't be afraid to kill myself.
- ___ 7. Over time, I expect I'll be less afraid of suicide.

Scoring Instructions

Note: Items 1, 2, 3, and 4 are reversed scored
To create a total score, sum responses to all items.

Citation

*Grunewald, W., *Perkins, N. M., Jeon, M. E., Klonsky, E. D., Joiner, T. E., & Smith, A. R. (in press). Development and validation of the Fearlessness about Suicide Scale. *Assessment*.

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