

## **Mental Time Travel for Self-Hatred**

This tool is designed to be filled out by the patient and clinician collaboratively. The patient or clinician can write the answers, or draw pictures if desired.

### ***The Past***

Go back in time to your earliest memory of intense self-hatred. Describe the scene. How old are you? Where are you, what are you doing? Who else is there? What happened? Is this memory connected to suicidal thoughts, or did thoughts of suicide emerge later in life?

Think of a different time in your past when you felt self-hatred. Describe a situation or event when "it wasn't your fault." You didn't get what you needed. You deserved more than what you got. What does that person look like? What are they feeling? What do they need? (e.g. They are alone and abandoned; They're really angry; They need someone to save them.)

Does suicide attach to this memory, even when it was not your fault?

What would you say to that person now if you could travel back in time? What words or acts of compassion would you show them? (e.g. I love you; It's not your fault; You did the best you could, I hear you, You don't deserve to die)

### ***The Present***

Bring yourself back to the present. Describe a situation that has recently evoked feelings of intense self-hatred (e.g. Fight with a spouse, poor performance at school, etc.). How does this attach to suicide?

### ***The Future***

Describe a scenario that you can imagine happening in the future (1, 5, 20 years from now) that would typically link to feelings of self-hatred (e.g. Losing a job, getting divorced).

What would it take for you to imagine a scenario where self-hatred doesn't connect to suicide in the future? What would a post-suicidal life look like?