



THE "C" IN ACE

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

The "C" in ACE

Soldiers are expected to know about *What* to listen for while they are involved in "Active Listening"... Ask Soldiers what they think are some of the things to listen for.

Important that Soldiers understand they are to listen for: (1) **what** (2) **where** and (3) **when** their Battle Buddy plans to kill himself or herself.

If their Battle Buddy acknowledges his or her plans, it generally suggests that they are accepting the Soldier's help.

Ask Soldiers, "Does having a plan to do something makes something more likely to happen?"

---HAVING A PLAN USUALLY MAKES SOMETHING MORE LIKELY TO HAPPEN---

Tell Soldiers if their Battle Buddy tells them their plan, they are to try and determine what steps he or she plans in order to carry out the event.

What were his or her preparations for dying? (such as giving away personal belongings)

Find out the timing and location of their plan for suicide and their lethality of method

Also ask, "Have you rehearsed how you will do it?"

---HAVING A PLAN USUALLY MAKES SOMETHING MORE LIKELY TO HAPPEN---

Explore ambivalence (being uncertain or undecided)

Ask your Battle Buddy specifically about his or her reasons to die versus their reasons to live....

Listen to their reason(s) for dying, and try to understand what they are feeling and their reason(s) for living.

Show/explain you understand.

Determine your Battle Buddy's access to lethal means.

Disarm your Battle Buddy – If he or she is armed, say, for example, "Let me unload your weapon and keep it safe for you while we talk."

If it is not safe for you to disarm your Battle Buddy, get help from your Chain of Command.

(NOTE: Concerns about their career, getting in trouble or others knowing their business, etc., is overridden by THE NEED TO PROTECT AND KEEP YOU AND THEM SAFE.)