

## Ideas for a Commitment

*Commit to one action that will move your life forward!*

*It can be anything you feel will help you, or you can try one of the ideas below.*

*Keeping your commitment is a way of respecting, honoring, and caring for yourself.*

- ✦ Option 1: Write a list of people you can call when you are having problems (e.g., wanting to talk, feeling afraid, drug cravings, needing a ride, etc.). Include friends, family members, self-help sponsors, treaters, hot-lines, drop-in centers, and anyone else you can think of (see example below).

***List of people to call for help***

1. My friend Martha: 466-4215 or 252-7655
2. My therapist (Dr. Klein): 855-1111 or can page at 855-1000
3. My AA sponsor (Barbara): 731-1502

- ✦ Option 2: Go for it! Fill out the Approach Sheet.

### **APPROACH SHEET—EXAMPLE**

Fill in the first three parts now. Later, after you've approached the person, fill in the last part.
<p><b>(1) <u>Who</u> will you talk to?</b></p> <p>My friend Elizabeth.</p>
<p><b>(2) <u>What</u> will you say?</b></p> <p>"Please help me not drink at the party tonight—you can help by not offering me any alcohol and checking in with me at times during the party to see if I'm okay."</p>
<p><b>(3) <u>What</u> do you <u>predict</u> will happen?</b></p> <p>She won't want to help me. She'll think I'm pathetic.</p>
<p><b>(4) <u>What</u> did happen in <u>reality</u>?</b></p> <p>I called Elizabeth. She was very willing to watch out for me at the party, and also gave me the phone number for a good AA group in town. She didn't convey any judgment or negative views of me.</p>

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