

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: Identify one way in which *you* can be different in a current relationship. Try being that new way this week and observe what happens.
- ✦ Option 2: Your relationship with yourself is the basis of your relationships with others. Go through Handout 1 and circle any healthy beliefs that could help improve your relationship with yourself. For example, could you learn to seek understanding and solutions rather than blaming yourself? If you want, you could also write a paragraph on this topic.
- ✦ Option 3: *Change the script*. Take a piece of paper and draw a line down the middle. On the left side, write a script of current conflict with someone in your life (what you say, what the other person says). On the right side, write how *you* could respond differently.
- ✦ Option 4: Fill out the Safe Coping Sheet. (See below for an example applied to this topic.)

EXAMPLE OF THE SAFE COPING SHEET APPLIED TO THIS TOPIC

	Old Way	New Way
Situation	Every time I try to be honest with my father, he criticizes me.	Every time I try to be honest with my father, he criticizes me.
★ Your Coping ★	I get scared and shut up. I want to be able to be honest with him without getting criticized. This makes me want to get high.	I need to remember that he is who he is. I've told him many times what I want, and he has not changed. It is probably healthier for me to not talk to him honestly at this point, as he can't handle that. I need to focus on other people.
Consequence	I feel stuck and depressed.	I would feel less depressed, and wouldn't feel like I need to get high.

How safe is your old way of coping? ____ How safe is your new way of coping? ____

Rate from 0 (not at all safe) to 10 (totally safe)

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