

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: Give Handout 2, A Letter to People in Your Life, to someone in your life. Or write a letter of your own titled "How You Can Help My Recovery."
- ✦ Option 2: Identify someone who is destructive toward your recovery, and make a plan for how to protect yourself from that person.
- ✦ Option 3: Write out what you need to say to someone in your life to get more support for your recovery.
- ✦ 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	My partner won't stop hassling me about my drinking. Every time I have a glass of wine, there's an argument.	My partner won't stop hassling me about my drinking. Every time I have a glass of wine, there's an argument.
★ <u>Your Coping</u> ★	I say, "Shut up—it's my life." I try to just drink when my partner won't see it, because I can't take this pressure.	There are a few things I could do to handle this better: 1. Give my partner the Al-Anon number to get help. 2. Say clearly what I want (without being rude): "I am working in treatment on my substance abuse. I need you to refrain from commenting on my drinking. I need to work on my own recovery."
Consequence	I feel alone. I feel like I've alienated everyone around me.	A little better. At least I'm trying to do something constructive.

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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