

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: Interview two people in your life this week—one person who uses time well, and one who doesn't. Ask them questions such as "What is your schedule?", "How do you feel about how you use time?", "How do you try to get yourself to use time well?" (If you can't think of someone who uses time well, consider your boss, your AA sponsor, or your therapist.)
- ✦ Option 2: Create a schedule for the week ahead (using the blank schedule from today's session). Focus on how to use time to make recovery your top priority.
- ✦ Option 3: Get a book on time management. Look through it until you find one new way to use your time better. One outstanding book is *The Seven Habits of Highly Effective People* by Stephen J. Covey (1989). It explores using your time to implement the values you care about.
- ✦ 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	I saw my brother at a family dinner last week. He seemed so "together": has a great job, lots of money, two kids, and seems happy.	I saw my brother at a family dinner last week. He seemed so "together": has a great job, lots of money, two kids, and seems happy.
★ <u>Your Coping</u> ★	My life is a wreck. I haven't worked for years, don't have a family, and I spend my time in treatment. What the hell is wrong with me? When I got home, I did some coke to raise my mood. I just needed to feel good for a little while.	There are some things I could do to cope better. I could talk to my brother and ask how he makes such good use of his time. Also, I can work in therapy on putting together a schedule that moves me forward in life.
Consequence	Nothing ever changes: I'm stuck in this pattern—I feel bad, I use coke; I feel bad, I use coke. Treatment isn't helping and I can't help myself.	Even though it still feels pretty hopeless, at least it has a chance of getting me out of this rut. Even though my feelings are still negative, trying to cope better may do something.

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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