

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: Take one harmful meaning from the handout and write out in detail how you can respond to it.
- ✦ Option 2: Describe and name a meaning that you have observed in yourself or others that is not already on the handout.
- ✦ Option 3: Identify one major meaning that gives your life purpose (e.g., your children? your job? your spirituality? your recovery?). Write out how that meaning can help keep you focused on your recovery.
- ✦ Option 4: Write out how you can talk to yourself the next time you feel like doing something that is unsafe.
- ✦ Option 5: 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 therapist is going on vacation.	My therapist is going on vacation.
★ <u>Your Coping</u> ★	Thought to myself, "I'm being abandoned; no one really cares about me." Drank half a bottle of wine.	I'm using "Deprivation Reasoning"—thinking I have a right to drink because of suffering. Also, I'm using "All-or-None Thinking". In fact, there are people who care about me, and my therapist going away doesn't mean she doesn't care about me.
Consequence	Drinking didn't get my therapist back from vacation—it made me feel better for a few hours, then worse for a few days.	By noticing the meanings I'm creating, I feel a little more in touch with myself. I'm going to talk to my therapist about how I feel.

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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