

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 letter of acceptance to a part of yourself you've rejected. Promise to respect and listen to it.
- ✦ Option 2: Think of the last time you used a substance (or had other dangerous behavior): What part of you led to the dangerous behavior? What part of you was *not* present?
- ✦ Option 3: Write a brief description of your different sides, including both those you like and those you don't.
- ✦ Option 4: Try having a healthy dialogue between parts of yourself (in your mind or on paper). Can one side soothe another side, for example?
- ✦ 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	I asked someone out and got rejected.	I asked someone out and got rejected.
★ <u>Your Coping</u> ★	Why should I keep trying to reach out? No one wants me. I smoked marijuana. I needed a way to escape.	Say to myself, "It's OK for part of me to feel bad, but that's only one part of me. Another part of me knows that it was good that I tried, and that it took guts even though it didn't work out as I'd wanted."
Consequence	I isolated, hated myself.	I felt okay about it—not great, but not awful.

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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