

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: Use the Discovery Sheet (Handout 3) to help you in your process of discovery.

EXAMPLE OF THE DISCOVERY SHEET

(1) Your Belief	I'll never find a job that pays above minimum wage.
(2) Discovery <i>How can you find out if your belief is true? Some ways to find out:</i> *Ask Others *Try It and See *Predict *Act as If	I'll try applying for five jobs (that all pay above minimum wage) within the next 2 weeks and see what happens.
(3) Results <i>What did you find out from your discovery process?</i>	I didn't get any offers. I asked some of them why, and they said I don't have any computer skills. Even though I'm disappointed, at least I know what I need to do next. Instead of believing "I'll never find a job," I now believe that "I can get a job if I learn new skills."
(4) What's Next? <i>Where do you want to go from here?</i>	I need to take a class in computers or apply for other jobs that fit my current skills better.

- ✦ Option 2: Try, for one day, to "act as if you like yourself." Later, write out how it went. Below is an example of one person's attempt to do this.

(cont.)

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EXAMPLE OF ONE PERSON'S "ACT AS IF" DISCOVERY

One person decided to try the "Act as If" method of discovery by "acting as if I like myself" for a day. These were the results.

"On Friday, I kept having to remember to like myself. It is a funny feeling but it puts a smile on my face. I don't act so self-destructive when I try to like myself. I walked. I went to the College Club play, and out afterwards. I had no desire to drink.

"Saturday I woke up in positive spirits. Went to an AA meeting. One of the first in ages. I had to keep thinking I like myself; it's hard when I'm used to thinking negative. Walked the dogs with Chris from group and enjoyed the day. Even talked to some of the people in AA.

"Saturday night I'm not sure what happened. I was alone, isolating, and I forgot to like myself. I really have to think about it to remember to like myself. But I became very depressed, lonely, and for comfort turned to my old friends alcohol and food. Maybe it is that the 'old way' with the 'old escapes' is easier because that's what I know. It is scary for me to be out in the real world—with people, at AA, etc. I have never felt more alone than I did Saturday night. I felt no one would ever love me, that I will never have a positive relationship with anyone, or have friends. All I felt was pain.

"Sunday morning I remembered that I was supposed to be liking myself. It was kind of a 'yeah, right' feeling. But I made an attempt. But the day was so-so. For the first time in ages I prayed on Sunday morning. I know that sounds hokey, like you hear in AA all the time—but I did. I asked not to drink, to get better, and with help to let go of the fears which hold me back in life, from getting better, from getting help, etc. I took the dogs to the woods and walked them. Sunday afternoon I isolated and slept. Sunday night, I did not drink but felt sad. I obviously was forgetting to like myself.

"Monday I woke up more determined than ever to get the help I need and not give up. To treat myself *as if* I liked myself—like I would another person. That thinking helped. I took more care with my appearance. And became more assertive with my therapist about getting more help. I'd rather get help before there is a crisis. I took steps to take care of myself and meet some of my needs. Followed steps after therapy to try and get more help. Also talked to my parents honestly about the need for more help and not be so worried instead about pleasing them, others, etc. Feel good about these steps but a little scared.

"What I learned from this assignment is that by trying to like myself, I act in a more positive fashion. It is hard to do this all the time and for me feels like being on shaky ground. However, I want to keep trying to think and feel this way because if I keep working on it I will take better care of myself and my needs—hopefully creating a more positive world for myself where I handle and cope with life's ups and downs in an honest, straight-forward fashion. I want to like myself so that the relationships I develop are positive ones, not destructive relationships that only serve to feed into my past old escapes. I hope that with practice, liking myself will be more comfortable than the past comfort of disliking myself."