

Safe and Unsafe Self-Nurturing

❖ **Safe self-nurturing** means seeking fun, joy, and pleasure in healthy ways and without excess.

✦ **Unsafe self-nurturing** means seeking pleasure in an activity that causes you harm (legal, financial, social, personal, or physical) and/or doing the activity to excess.

EXAMPLES OF SAFE SELF-NURTURING

★ (a) Circle any that you currently do. (b) Check (✓) any that you'd like to add to your life.

- ❖ Taking walks ❖ Socializing with safe friends ❖ Reading ❖ Travel
- ❖ Movies ❖ Crafts or hobbies (e.g., painting, woodworking, puzzles) ❖ Sports
- ❖ Enjoying pets ❖ Participating in a club or organization ❖ Music ❖ Exercise
- ❖ Eating out ❖ Local trips (day trips, weekends away) ❖ Baking or cooking
- ❖ Dance ❖ Visiting museums ❖ Playing games ❖ Taking an interesting class
- ❖ Volunteering ❖ Learning a new skill ❖ Enjoying the outdoors ❖ Writing
- ❖ Religious services ❖ Meditation ❖ Enjoying computers ❖ Warm baths
- ❖ Playing with children ❖ Going to events (concerts, comedy clubs, lectures, etc.)
- ❖ Others: _____

EXAMPLES OF ACTIVITIES THAT MAY BE UNSAFE FOR SOME PEOPLE (WHEN EXCESSIVE)

★ Circle any that are unsafe for you.

- ✦ Shopping ✦ Food ✦ Watching TV ✦ Gambling ✦ Partying ✦ Work
- ✦ Pornography ✦ Exercise ✦ Video or computer games ✦ Internet ✦ Sex
- ✦ Others: _____

HOW DO PTSD AND SUBSTANCE ABUSE RELATE TO PROBLEMS IN SELF-NURTURING?

PTSD. You may be more familiar with pain than with pleasure. You may feel guilty about nurturing yourself (especially if you grew up without much love). To cope with trauma, you may have turned to unhealthy addictions rather than healthy activities to feel better.

Substance abuse. Substance abuse and other addictions are “cheap thrills.” They may work in the short run, but in the long run they cause tragedy. They are misguided attempts to give yourself pleasure, and they keep you from finding healthy ways to feel good.
