

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: Practice grounding for 10 minutes or more, rating your feelings before and after (just as we did in the session).
- ✦ Option 2: Reread the handout, circling the methods that you most want to try.
- ✦ Option 3: Find something to carry with you that helps you feel grounded (e.g., a small, beautiful rock; a picture of someone you love; an AA chip you earned). Keep it in a place that you can access at any time, such as in your pocket or wallet, or on your key chain.
- ✦ Option 4: Fill out the Safe Coping Sheet.

EXAMPLE OF THE SAFE COPING SHEET APPLIED TO THIS TOPIC

	Old Way	New Way
Situation	Having a flashback.	Having a flashback.
★ <u>Your Coping</u> ★	I got stuck in it; it was awful. I tried to drown my feelings in three gin-and-tonics.	I can try to cope with a flashback by doing grounding. These are the ways that I think would work for me: 1. Run my hands under cool water. 2. Try to remember every major Red Sox player from the 1970s. 3. Turn on some music—loud, to drown out the flashback.
Consequence	I just feel like I have no control over my feelings. I can't stop myself from drinking when I get overwhelmed.	The intensity goes down—not completely away, but down enough so that I don't feel like I have to drink.

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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