

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: In a real-life situation this week, try setting a boundary with either yourself or someone else.
- ✦ Option 2: Memorize your top three ways to say "no" to substances.
- ✦ Option 3: Pick a role play from Handout 2 or 3, and write out how you would handle it.
- ✦ Option 4: 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 mother keeps criticizing my decisions.	My mother keeps criticizing my decisions.
★ <u>Your Coping</u> ★	I get overwhelmed and resentful. I just let her talk at me until she's done. Sometimes I go out afterwards and smoke crack so I can get a "holiday" from her.	I set a boundary by asking her to stop criticizing me—it is hurting my recovery, and I cannot listen to it right now and will leave the room if necessary.
Consequence	I feel walked over. I know the crack is destroying my body and my bank account.	I feel better, like I've taken control. She seemed surprised and didn't like hearing it, but it was okay.

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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