

Idea 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: The best commitment is to make a commitment! Fill out the Action Plan (Handout 4).

EXAMPLE OF AN ACTION PLAN

B E F O R E	<p>I promise to ... Throw out my marijuana and rolling paper. I am promising this to myself, to my therapist, and to my sponsor.</p>
	<p>By when? 8:00 tonight.</p>
	<p>I will use the following strategies to accomplish my commitment: Call my sponsor, and write myself a "letter" about why I need to do this.</p>
	<p>To overcome my emotional blocks, I will ... Talk to my therapist, and focus on the good that can come of this.</p>
	<p>It is important for me to complete this commitment because ... My future depends on it; my health will improve; I'll honor my word.</p>
	<p>If I complete it, I will reward myself with ... A safe "treat" (a new video, book, CD, or go out to dinner).</p>
	<p>Signed:</p>
A F T E R	<p>Result: Describe how it went. I hated doing it, but I did it. I miss the marijuana, but I feel stronger. I bought myself a nice dinner afterwards.</p>
	<p>Anything you'll do differently next time? No—it went okay.</p>

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