

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: Identify one self-care problem from the Self-Care Questionnaire (one “no” answer) that you want to work on. Before the next session, make that “no” into a “yes”—solve that self-care problem. If you want to, write out how it went: How did it feel to do it? Was it successful? Any next steps you’d like to take?
- ✦ Option 2: Take any four of the following words and write a page on how your life could be improved by attending to them (be creative—there’s no right or wrong answer to this):

Self-Care Dignity Body Attention Love Effort
Knowledge Respect Safety Physical

- ✦ Option 3: Find someone in your life who takes very good care of her- or himself. Interview this person, asking everything you can about how the person does it, how it feels, and how the person learned 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	I have a bad toothache.	I have a bad toothache.
★ <u>Your Coping</u> ★	Not doing anything about it. Just trying to put it out of mind.	Call dentist immediately. Say to myself, “Even though I wasn’t taken good care of when I was growing up, I need to do things better now.”
Consequence	It keeps getting worse. I feel miserable.	This feels strange—I’m used to waiting until everything is in crisis. But I know this was the best way to handle it.

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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