

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: Imagine that we are living in the 22nd century. You can change your thinking just by writing a new script. Write a paragraph on what would you want your new script to say.
- ✦ Option 2: Read the following story and answer the questions below.

Chris has PTSD and substance abuse. He recently started a volunteer job, went three times, then woke up the next day and said to himself, "I don't want to go to that job; it's boring." He stayed home and watched TV. He started thinking about his life and how he always feels alone. This reminded him of his childhood and being abused by his uncle. He couldn't get the memories out of his mind. He went out to get heroin. "Why bother getting off drugs?", he said to himself. "When I don't use, I feel miserable."

If you wanted to help Chris cope better, what would you say to him? How would you help him see "the other side"? How would you talk to him about his drug use and his PTSD?

- ✦ Option 3: 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 partner broke up with me.	My partner broke up with me.
★ <u>Your Coping</u> ★	I'm saying to myself, "What's wrong with me? I feel angry and hurt, and I don't think I'm ever going to have a normal relationship. I hate being alone, but my relationships just keep falling apart. I feel trapped, and I'm getting older and more bitter."	Nothing is going to make this breakup feel good, but I've got to work to not let myself go to that dark place in my mind. Stay balanced: I'm in pain, but I don't have to think about the future right now. Just take care of myself. There are things I can do and then sort it all out emotionally later.
Consequence	Depressed, angry, hate myself. Want to numb the pain with any drugs I can get my hands on. Ended up doing heroin.	I went to the drop-in clinic and asked to talk to someone. I was still in pain, but at least I didn't take it out on myself.

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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