

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: Try it and see! Identify a situation where you want to be more honest. Compare what you expect (before) with what actually happened (after).
- ✦ Option 2: Make a list of the things you've never told anyone, but want to be able to talk about. (*Warning: This may be difficult. Do not do it if it is too upsetting for you.*)
- ✦ Option 3: Write an essay exploring "Honesty with Self; Honesty with Others" (or some other issue related to honesty).
- ✦ Option 4: Fill out the Safe Coping Sheet. (See below for an example applied to this topic.)

	Old Way	New Way
Situation	My 10-year-old daughter asked me if I was drinking yesterday.	My 10-year-old daughter asked me if I was drinking yesterday.
★ <u>Your Coping</u> ★	She gets so upset when she finds out I've been drinking. I can't do that to her—I can't bear her feeling disappointed in me again. I feel like such a failure. I told her I didn't drink.	Even though it's painful for both of us, I need to tell her the truth. Maybe her responses will help me stay away from alcohol next time. Whatever I've done, lying to her will only drag us down. I need to explain to her that the alcohol is a serious problem for me and that I will do everything I can to work on it.
Consequence	Felt trashy and low—I don't want to have to lie to my daughter.	Felt bad about her being upset, but know I did the right thing. I feel like a person with integrity.

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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