

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: Give a copy of your safety plan to people you trust (e.g., safe family, friends, therapist, sponsor) and ask them for comments.
- ◆ Option 2: Write a personal story of bravery: "How I Faced a Red Flag and Won."
- ◆ Option 3: Write a "How To Help Me" guide that you can give to people in your life. Describe your danger signs and what people can do to help when they see you slipping.
- ◆ Option 4: Write out what you can say to yourself when you're in (a) mild danger and (b) serious danger.
- ◆ Option 5: Fill out the Safe Coping Sheet. (See below for an example applied to this topic.)

	Old Way	New Way
Situation	Someone cut me off in traffic.	Someone cut me off in traffic.
★ Your Coping ★	Pissed off, tailgated him for the next 3 miles. Feel like I can't take the stress. I keep thinking about using.	I need to see the danger signs earlier. As soon as I feel this stressed, it means using comes next. I need a buffer from the world—I'm going to go to a meeting, and just take a "mental health" day off from work.
Consequence	Nothing is getting better; I'm slipping.	I was okay and felt more in control.

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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