

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: Go through the list of Safe Coping Skills, checking off (✓) the ones you already do, and putting a star (★) next to the ones you want to learn.
- ◆ Option 2: Start keeping a “journal of successes” (times that you coped safely, obstacles overcome, successes in resisting substance use, coping skills that you used).
- ◆ Option 3: Create an “inspiration book” or “inspiration box” to inspire you to stay safe (including photographs of people you love, songs, poems, quotations, news clippings, etc.).
- ◆ Option 4: Fold the list of Safe Coping Skills in half down the middle. Read the names of the skills on the left side and try to remember what each one means. Give yourself 1 point for each correct answer.
- ◆ Option 5: Write a paragraph on what “safety” means to you.
- ◆ Option 6: Try using one new skill this week from the list of Safe Coping Skills and write how it went.
- ◆ Option 7: 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 got laid off from work. | I got laid off from work. |
| ★ Your Coping ★ | I feel like I can't cope—this is the last straw. I don't know what to do. I have money problems already, and this will put me under. I got high. | Say to myself, "If I stay safe, I can try to cope with this." I can: <ul style="list-style-type: none"> • Call my brother to talk about it. • Talk to my counselor about how to get a new job. • Go to an AA meeting and be around people. |
| Consequence | Felt out of control, felt like a failure. | Able to stay safe without getting high; felt okay. Even though I'm still out of a job, I feel proud of having not buckled under the stress. |

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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