

## 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: In a real-life situation this week, try setting a boundary with either yourself or someone else.
- ✦ Option 2: Memorize your top three ways to say “no” to substances.
- ✦ Option 3: Pick a role play from Handout 2 or 3, and write out how you would handle 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
<b>Situation</b>	My mother keeps criticizing my decisions.	My mother keeps criticizing my decisions.
<b>★ <u>Your Coping</u> ★</b>	I get overwhelmed and resentful. I just let her talk at me until she’s done. Sometimes I go out afterwards and smoke crack so I can get a “holiday” from her.	I set a boundary by asking her to stop criticizing me— it is hurting my recovery, and I cannot listen to it right now and will leave the room if necessary.
<b>Consequence</b>	I feel walked over. I know the crack is destroying my body and my bank account.	I feel better, like I’ve taken control. She seemed surprised and didn’t like hearing it, but it was okay.

***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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