

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: Identify a community resource that might be of help to you, and contact it before the next session.
- ✦ Option 2: 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	Having terrible flashbacks late at night; couldn't sleep.	Having terrible flashbacks late at night; couldn't sleep.
★ Your Coping ★	Took Valium (more than prescribed).	I could cope better by calling a 24-hour hotline (never tried that before). Also, there are a lot of resources on Handout 1 in today's session that are new to me. I could call some of them and try to get more help.
Consequence	I was able to get to sleep, but feel like I'll never get over my substance abuse. I feel weak.	I'd feel stronger if I was making an active attempt to do these things, rather than just popping pills.

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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