

## 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: Carry out the "gift to yourself" plan that you wrote in today's session.
- ✦ Option 2: Try one new self-nurturing activity before the next session.
- ✦ Option 3: Make a life plan: What self-nurturing activities do you want to do every day? Every week? Every year? What would it take for you to give yourself these?
- ✦ Option 4: Write a letter giving yourself permission for self-nurturing activities.
- ✦ Option 5: Remember yourself as a child: What activities did you used to enjoy that you've lost along the way? Can you get back to any of those activities now?
- ✦ Option 6: 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>	Had a conflict with my boss today at work.	Had a conflict with my boss today at work.
<b>★ Your Coping ★</b>	Went home, felt depressed. My thoughts were "Why can't I function like everyone else? This is my third job in 2 years. I can't keep my mouth shut, and I get mad at the slightest thing." I smoked some pot.	Get a video to take my mind off work, make myself a nice dinner, and take my dog out for a run (all self-nurturing activities).
<b>Consequence</b>	Went to sleep early. Woke up the next day and felt worse.	Feel calmer; have more perspective.

*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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