

Commitment to Life Contract

<p><i>Make a contract with a therapist, friend or a trusted, significant person in my life.</i></p>	<p>Positive changes I will make</p>
<p>For today and the nextdays, I commit to</p> <p><i>Example:</i></p> <ul style="list-style-type: none"> • <i>Decrease negative self talk</i> • <i>Build positive experiences</i> • <i>Use my coping skills</i> • <i>I will take action to remove harmful substances or objects</i> • <i>I will set some personal goals</i> • <i>I commit to LIFE</i> 	
<p style="text-align: center;">What are my personal GOALS? Break them down into smaller, achievable steps</p> <p><i>Example:</i> Goal 1: <i>Be with others more</i></p> <ol style="list-style-type: none"> 1. <i>Join reading group (phone library)</i> 2. <i>Join walking group</i> 3. <i>Contact an old friend</i> 4. <i>Go to a coffee morning</i> 5. <i>Plan an event with friends</i> 	
<p style="text-align: right;">Positive self talk</p> <p>What can I say to myself that will encourage me and help me cope?</p> <p><i>Example:</i></p> <ul style="list-style-type: none"> • <i>This will pass</i> • <i>I've coped before - I will cope now</i> • <i>It will get better</i> • <i>There are things I can do to help myself feel better</i> 	
<p style="text-align: center;">Positive aspects of my life</p> <p><i>Example:</i></p> <ul style="list-style-type: none"> • <i>People</i> • <i>Possessions</i> • <i>Positive aspects of self e.g. character trait or personal skill</i> 	
<p style="text-align: right;">My coping skills</p> <p style="text-align: right;">List them Use them!</p> <p><i>Example:</i></p> <ul style="list-style-type: none"> • <i>STOPP</i> • <i>Self-soothe</i> • <i>Distract</i> • <i>Opposite Action</i> • <i>Build positive experiences</i> 	
<p style="text-align: right;">My <u>safety plan</u></p> <p style="text-align: right;"><i>What can I do that will help reduce the pain?</i> <i>What can I do that will help me cope better?</i> <i>Who or where can I go?</i> <i>Who can I telephone?</i></p> <p><i>Example:</i></p> <ul style="list-style-type: none"> • <i>Self-soothe, be with others</i> • <i>STOPP, Opposite Action, writing, distract</i> • <i>Family or friend, Health professional, Samaritans or Befrienders, Accident & Emergency Department, Emergency services</i> 	
<ul style="list-style-type: none"> • I commit to life for days with the option of renewing for another days. • I commit to making the positive changes as detailed in this Commitment to Life contact. • I will give a copy of this Commitment to Life to an important person in my life to help me through this difficult time. 	
<p>Signature: _____</p>	<p>Name: _____</p>
<p>Date: _____</p>	