

30. **Try something, anything** – A good plan today is better than a perfect one tomorrow.
31. **Discovery** – Find out whether your assumption is true rather than staying “in your head”.
32. **Attend treatment** – AA, self-help, therapy, medications, groups – anything that keeps you going.
33. **Create a buffer** – Put something between you and danger (e.g., time, distance).
34. **Say what you really think** – You will feel closer to others (but only do this with safe people).
35. **Listen to your needs** – No more neglect – really hear what you need.
36. **Move toward your opposite** – For example, if you are too dependent, try being more independent.
37. **Replay the scene** – Review a negative event; what can you do differently next time?
38. **Notice the cost** – What is the price of substance abuse in your life?
39. **Structure your day** – A productive schedule keeps you on track and connected to the world.
40. **Set an action plan** – Be specific, set a deadline, and let others know about it.
41. **Protect yourself** - Put up a shield against destructive people, bad environments, and substances.
42. **Soothing talk** – Talk to yourself very gently (as if to a friend or small child).

From *Seeking Safety: Cognitive-Behavioral Therapy for PTSD and Substance Abuse* by Lisa M. Najavits, Ph.D.

SAFE COPING SKILLS **(PART 2)**

43. **Think of the consequences** – Really see the impact for tomorrow, next week, next year.
44. **Trust the process** – Just keep moving forward; the only way out is through.
45. **Work the material** – The more you practice and participate, the quicker the healing.
46. **Integrate the split self** – Accept all sides of yourself- they are there for a reason.
47. **Expect growth to feel uncomfortable** – If it feels awkward or difficult you’re doing it right.
48. **Replace destructive activities** – eat candy instead of getting high.
49. **Pretend you like yourself** – See how different the day feels.
50. **Focus on now** – Do what you can to make today better; do not get overwhelmed by the past or future.
51. **Praise yourself** – Notice what you did right; this is the most powerful method of growth.
52. **Observe repeating patterns** – Try to notice and understand your re-enactments.
53. **Self-nurture** – Do something that you enjoy (e.g., take a walk, see a movie).

54. **Practice delay** – If you cannot totally prevent a self-destructive act, at least delay it as long as possible.
55. **Let go of destructive relationships** – If it cannot be fixed, detach.
56. **Take responsibility** – Take an active, not a passive, approach.
57. **Set a deadline** – Make it happen by setting a date.
58. **Make a commitment** – Promise yourself to do what is right to help your recovery.
59. **Rethink** – Think in a way that helps you feel better.
60. **Detach from emotional pain (grounding)** – Distract, walk away, change the channel.
61. **Learn from experience** – Seek wisdom that can help you next time.
62. **Solve the problem** – Do not take it personally when things go wrong – try to just seek a solution.
63. **Use kinder language** – Make your language less harsh.
64. **Examine the evidence** – Evaluate both sides of the picture.
65. **Plan it out** – Take the time to think ahead – it is the opposite of impulsivity.
66. **Identify the belief** – For example, shoulds, deprivation reasoning.
67. **Reward yourself** – Find a healthy way to celebrate anything you do right.
68. **Create new “tapes”** – Literally! Take a tape recorder and record a new way of thinking to play back.
69. **Find rules to live by** – Remember a phrase that works for you (e.g., “Stay real”).
70. **Setbacks are not failures** – A setback is just a setback, nothing more.
71. **Tolerate the feeling** – “No feeling is final”, just get through it safely.
72. **Actions first and feelings will follow** – Do not wait until you feel motivated; just start now.
73. **Create positive addictions** – Sports, hobbies, AA...
74. **When in doubt, don’t** – If you suspect danger, stay away.
75. **Fight the trigger** – Take an active approach to protect yourself.
76. **Notice the source** – Before you accept criticism or advice, notice who is telling it to you.
77. **Make a decision** – If you are stuck, try choosing the best solution you can right now; do not wait.
78. **Do the right thing** – Do what you know will help you, even if you don’t feel like it.
79. **Go to a meeting** – Feet first; just get there and let the rest happen.
80. **Protect your body from HIV** – This is truly a life-or-death issue.
81. **Prioritize healing** – Make healing your most urgent and important goal, above all else.
82. **Reach for community resources** – Lean on them! They can be a source of great support.
83. **Get others to support your recovery** – Tell people what you need.
84. **Notice what you can control** – List the aspects of your life you do control (e.g., job, friends...)

YOU CAN DO IT!



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