

Commitment to Recovery

*A commitment is a promise—to yourself, to your recovery, and to your therapist.
If you cannot complete your commitment, or need to change it,
be sure to leave your therapist a message before your next session.*

Name: _____ Date: _____

| Commitment for next session | |
|------------------------------------|-----------------|
| I will do: | By when: |

| Community Resource to call before next session | |
|---|-----------------|
| I will call: | By when: |

REMINDERS

- Your next session is scheduled for: _____ Date _____ Time _____
- Where will you put this sheet to remember it?: Wallet _____ Refrigerator door _____ Notebook _____
Other location: _____

(tear here) ----- (tear here)

THERAPIST COPY

Patient Initials: _____

Today's Date: _____

| Commitment for next session | |
|------------------------------------|-----------------|
| I will do: | By when: |

| Community Resource to call before next session | |
|---|-----------------|
| I will call: | By when: |

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