

<p>○ Talk to yourself very gently as if to a friend. <b>Soothing Talk</b></p> <p>○ Put up a shield against destructive people, bad environments, and substances. <b>Protect yourself</b></p> <p>○ Be specific, set a deadline, let others know about it. <b>Set an action plan</b></p> <p>○ do this only with safe people. You'll feel better when you hear it from yourself and feel closer to others. <b>Say what you really think</b></p> <p>○ <i>A productive schedule keeps you on track and connected to the world.</i> <b>Structure your day</b></p> <p>○ <i>What is the price of substance use in your life?</i> <b>Notice the cost</b></p> <p>○ <i>Review a negative event; what can you do differently next time?</i> <b>Replay the scene</b></p> <p>○ <i>If you're too dependent, try being independent.</i> <b>Move towards your opposite</b></p> <p>○ <i>No more neglect — really hear what you need.</i> <b>Listen to your needs</b></p> <p><i>can do now and don't wait.</i> <b>Make a decision</b></p>	<p>○ Choose whatever will make you like yourself. <b>Choose self-respect</b></p> <p>○ Healthy eating, exercise, safe sex). <b>Trust the process</b></p> <p>○ Just keep moving forward; the only way out is through. <b>Work the material</b></p> <p>○ The more you practice and participate, the quicker the healing. <b>Integrate the split self</b></p> <p>○ Accept all sides of yourself — they are there for a reason. <b>Expect growth to feel uncomfortable</b></p> <p>○ if it feels awkward or difficult, you're doing the right thing. <b>Replace destructive activities</b></p> <p>○ Eat something sweet instead of getting high. <b>Prend you like yourself</b></p> <p>○ See how different the day feels. <b>Focus on now</b></p> <p>○ Do what you can to make TODAY better. <b>Praise yourself</b></p> <p>○ Notice what you did you and give yourself a treat. <b>Obverse repeating patterns</b></p> <p>○ Try to notice and understand your reenactments. <b>Right.</b></p>	<p>○ Remind yourself what you are living for: your children? Love? Truth? Justice? Your spirituality? <b>Create meaning</b></p> <p>○ If you can't prevent something bad from happening, delay it as long as possible) <b>Let go of destructive relationships</b></p> <p>○ if it can't be fixed, detach. <b>Take responsibility</b></p> <p>○ Take an active, not passive approach. <b>Set a deadline</b></p> <p>○ Make it happen by setting a date. <b>Make a commitment</b></p> <p>○ Promise yourself to do what's right to help your recovery. <b>Rethink</b></p> <p>○ Think in a way that helps you feel better. <b>Examine the evidence</b></p> <p>○ Evaluate both sides of the picture. <b>Plan it out</b></p> <p>○ Take the time to think ahead instead of impulsively. <b>Identify the belief</b></p> <p>○ Examples: <i>sholds, deprivation reasoning.</i> <b>Reward yourself</b></p> <p>○ Find a healthy way to celebrate anything you do right. <b>Alone is better than a bad relationship</b></p>	<p>○ Make the most of available opportunities. <b>Find rules to live by</b></p> <p>○ Remember a phrase that works for you. <b>Setbacks are not failures</b></p> <p>○ A setback is a setback, nothing more. <b>Discover</b></p> <p>○ Find out whether your assumption is true, rather than saying "in your head". <b>Attend treatment</b></p> <p>○ AA, self-help, therapy, medications, groups — anything that keeps you going. <b>Create a buffer</b></p> <p>○ Put something between you and danger, such as time or distance. <b>Tolerate the feeling</b></p> <p>○ No feeling is final. <b>Actions first, and feelings will follow</b></p> <p>○ Don't wait until you feel motivated; just start now. <b>Create positive addictions</b></p> <p>○ Examples: sports, hobbies, AA... <b>When in doubt, don't</b></p> <p>○ If you suspect danger, stay away. <b>Fight the trigger</b></p> <p>○ Take an active approach to protect yourself. <b>Alone is better than a bad relationship</b></p> <p>○ You can't love others until you love yourself.</p>
<p><b>Do the right thing</b></p> <ul style="list-style-type: none"> <li>○ Do what you know will help you, even if you don't feel like it.</li> </ul> <p><b>Go to a meeting</b></p> <ul style="list-style-type: none"> <li>○ Feet first — just get there and let the rest happen.</li> </ul> <p><b>Protect your body from HIV</b></p> <ul style="list-style-type: none"> <li>○ Protect your body—it's the only one you get!</li> </ul> <p><b>Prioritize Healing</b></p> <ul style="list-style-type: none"> <li>○ Make healing your most urgent and important goal, above all else.</li> </ul> <p><b>Reach for community resources</b></p> <ul style="list-style-type: none"> <li>○ Lean on them! They can be a source of great support.</li> </ul> <p><b>Get others to support your recovery</b></p> <ul style="list-style-type: none"> <li>○ Tell people what you need.</li> </ul> <p><b>Notice what you can control</b></p> <ul style="list-style-type: none"> <li>○ List the aspects of your life you <i>do</i> control.</li> </ul> <p><b>Use kinder language</b></p> <ul style="list-style-type: none"> <li>○ Practice positive self talk.</li> </ul> <p><b>Create new "tapes"</b></p> <ul style="list-style-type: none"> <li>○ Record a new way of thinking to a memory.</li> </ul> <p><b>Self-nature</b></p> <ul style="list-style-type: none"> <li>○ Do something you enjoy that's healthy.</li> </ul> <p><b>Notice the source</b></p> <ul style="list-style-type: none"> <li>○ Notice who's telling you the messages in life.</li> </ul> <p><b>Think of the consequences</b></p> <ul style="list-style-type: none"> <li>○ <i>Really</i> see the impact for the future.</li> </ul>	<p style="text-align: center;"><u>Safe Coping Skills For Life</u></p> <p><b>Ask for help</b></p> <ul style="list-style-type: none"> <li>○ Reach out to someone safe.</li> </ul> <p><b>Inspire yourself</b></p> <ul style="list-style-type: none"> <li>○ Carry something with you that reminds you of your goals.</li> </ul> <p><b>Leave a bad scene</b></p> <ul style="list-style-type: none"> <li>○ When things go wrong, get out!</li> </ul> <p><b>Persist</b></p> <ul style="list-style-type: none"> <li>○ <i>Never, never, never, never</i> give up.</li> </ul> <p><b>Honesty</b></p> <ul style="list-style-type: none"> <li>○ Secrets and lying are at the core of PTSD and substance use — honesty heals them.</li> </ul> <p><b>Cry</b></p> <ul style="list-style-type: none"> <li>○ Let yourself cry... it will not last forever.</li> </ul> <div style="text-align: center;">  <p><b>SAN DIEGO YOUTH SERVICES</b> Building futures for at-risk youth</p> </div>	<p><b>Set boundaries</b></p> <ul style="list-style-type: none"> <li>○ Say "no" to protect yourself.</li> </ul> <p><b>Compassion</b></p> <ul style="list-style-type: none"> <li>○ Listen to yourself with respect and care.</li> </ul> <p><b>When in doubt, do what's hardest</b></p> <ul style="list-style-type: none"> <li>○ The most difficult path is invariably the right one.</li> </ul> <p><b>Talk yourself through it</b></p> <ul style="list-style-type: none"> <li>○ Self-talk helps in difficult times.</li> </ul> <p><b>Imagine</b></p> <ul style="list-style-type: none"> <li>○ Create a mental picture that helps you feel different.</li> </ul> <p><b>Notice the choice point</b></p> <ul style="list-style-type: none"> <li>○ In slow motion, notice the moment when you chose a substance.</li> </ul> <p><b>Pace yourself</b></p> <ul style="list-style-type: none"> <li>○ If overwhelmed, go slower. If stuck, go faster.</li> </ul> <p><b>Stay Safe</b></p> <ul style="list-style-type: none"> <li>○ Do whatever you need to do to put your safety above all.</li> </ul> <p><b>Seek understanding, not blame</b></p> <ul style="list-style-type: none"> <li>○ <i>Listen</i> to your behavior; blaming prevents growth.</li> </ul> <p><b>If one way doesn't work, try another</b></p> <ul style="list-style-type: none"> <li>○ As if in a maze, turn a corner and try a new path.</li> </ul> <p><b>Link PTSD and substance abuse</b></p> <ul style="list-style-type: none"> <li>○ Recognize using substances as an attempt to <i>self-medicate</i>.</li> </ul>	<p><b>List your options</b></p> <ul style="list-style-type: none"> <li>○ In any situation, you have choices.</li> </ul> <p><b>Create a new story</b></p> <ul style="list-style-type: none"> <li>○ You are the author of your life; be the hero.</li> </ul> <p><b>Avoid avoidable suffering</b></p> <ul style="list-style-type: none"> <li>○ Prevent bad situations in advance.</li> </ul> <p><b>Ask others</b></p> <ul style="list-style-type: none"> <li>○ Ask others if your belief is accurate.</li> </ul> <p><b>Get organized</b></p> <ul style="list-style-type: none"> <li>○ You'll feel more in control with "to-do" lists and a clean house.</li> </ul> <p><b>Watch for danger signs</b></p> <ul style="list-style-type: none"> <li>○ Face a problem before it becomes huge; notice <i>red flags</i>.</li> </ul> <p><b>Healing above all</b></p> <ul style="list-style-type: none"> <li>○ Focus on what matters.</li> </ul> <p><b>Try something, anything</b></p> <ul style="list-style-type: none"> <li>○ A good plan today is better than a perfect one tomorrow.</li> </ul> <p><b>Detach from emotional pain</b></p> <ul style="list-style-type: none"> <li>○ Distract, walk away, change the channel.</li> </ul> <p><b>Learn from experience</b></p> <ul style="list-style-type: none"> <li>○ Seek wisdom that can help you next time.</li> </ul> <p><b>Solve the problem</b></p> <ul style="list-style-type: none"> <li>○ Don't take it personally when things go wrong — try just to seek a solution.</li> </ul>