

*Today, I choose to heal.
Today, I choose life.
Today, I choose me.*

From this moment forward, I commit and remain committed to the journey of healing. Surviving is no longer enough. I choose to heal. I choose to live. I acknowledge that choosing to heal means I am open to and ready for change. I acknowledge that of the many things that may change; my relationships, my identity, my coping patterns, my lifestyle, and my thinking may be among them. Although I know the road won't be easy, I promise to stay committed to me. I promise to face my fears. I promise to make my healing a priority. I promise to live in the present. I will not allow the past to control me or spend time worrying about the what-ifs of the future. I promise I will create a safety plan and adhere to it. I will build a support system and make use of it. I will not try to do this on my own. I will nurture myself. I promise not to be too hard on myself and will set expectations that are realistic while challenging myself to stay in a state of progression. I promise to renew my commitment daily as I know this a decision I must continuously make.

*Today, I choose to heal. Today, I choose life. Today, I choose me.
I am a survivor. I am an Aliver!!*

Signature

Date