

- Allowing yourself space and time for your recovery work
- Setting aside sufficient time for relaxation, grounding and nurturing activities
- Keeping a journal or some other form of record throughout your journey of recovery
- Sticking to the contract that you make with yourself (see page 128)
- Taking responsibility for ensuring your own safety
- Recognising your limits and pacing yourself appropriately – working only at what feels manageable and does not overwhelm you
- Controlling destructive impulses, such as risk-taking or self-destructive behaviours or suicidal

thoughts (or seeking immediate professional help if they persist)

- Removing anything dangerous or potentially harmful from your home
- Not abusing alcohol, drugs or any other addictive substances
- Seeking professional help if your symptoms get worse or if you feel out of your depth
- Being willing to try things out and being patient with yourself if they don't immediately work
- Being kind to yourself and agreeing to develop a compassionate approach towards yourself
- Here is space for some more of your own self-care ideas:

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