

Exercise 7. The Binding Contract

I _____ have made the decision to change my life. I have decided that I want to live a happier and healthier life. In order to do so I must _____

I promise to use all of my supports including the following individuals: _____

to help me attain my goals. I will make an effort to understand who I am and what I want. I realize that I will have to work hard to accomplish my goals. I also understand that by getting well, I will have to give up my symptoms which have been my best friends for so long. I won't worry about doing this, because I know that I will substitute my symptoms with healthy hobbies, new relationships, and more involvement in activities that I have always wanted to pursue. This will enable me to feel better about myself and my life. Healthy living is my first priority.

Signed, _____