

COMMITMENT

If you took Couple Checkup and are working through this Discussion Guide, not only are you committed to strengthening your relationship, but you are committed to your partner. Maybe you formally committed to each other by accepting a proposal six months ago or by exchanging vows at your wedding 46 years ago. Maybe it's something less formal, but just as meaningful. You might

even have an unspoken commitment to your partner. Either way, if you are reading this, you have some grit and passion in you to push through and achieve the long-term goal of a successful relationship.

Commitment can be clear when we say statements like, “till death do us part,” but the way in which we show commitment to our partner is much less clear.

Commitment is the foundational agreement of a relationship stating, “no matter what comes our way I will always be here for you.”

We've all heard the cliché "actions speak louder than words," and in the case of commitment, it may be true. The discrepancy between what we say and what we do comes when we fail to see how our partner chooses to display their commitment. It's crucial to understand your partner may be trying to show you they are committed, and you may just not be seeing it. Your partner's level of commitment and your opinion or observation of their commitment could easily be two different things.

Showing commitment in a variety of ways can help confirm your commitment, whether it is formally spoken or not.

DISCUSSION

// How do you show your partner your commitment? What actions show you your partner is committed to you?

// How does your commitment to your partner vary over time? What situations cause you to evaluate your commitment? When do you feel most committed to your partner?

// Consider commitments you have to your partner – Which commitments have you verbalized and which commitments are unspoken?

// Have you ever questioned your partner's commitment to you or your relationship? What situations cause you to question commitment? How do you address this when it comes up?

// Is it easier to be committed in a happy relationship or is it easier to be happy if you are in a committed relationship?

CHECK IN WITH CHECKUP

Check in with your Couple Checkup results

by reviewing the *Summary of Strength and Growth Areas* section of your report.

Notice which areas are labeled as strengths and which are labeled as growth areas. Is there any topic in particular that you are surprised to see listed as a strength or growth area?



Presently, are you more committed to working on the strengths in your relationship or the growth areas? How has this been true over the length of your relationship?

TAKEAWAY

Commitment is not just a verbal exchange; it is a way of living out your relationship through meaningful actions that honor your verbal exchange.

APPLICATION

Notice ways in which your commitment to your partner and your relationship are on display for others to honor. Acknowledge that the ring on your finger tells everyone you are committed to your partner. Maybe it's the manner in which you speak about your partner to your kids. Or maybe it's even the pictures displayed on your virtual and real walls that capture the interactions you have had with your partner over the years. Take notice because more than likely, others do.

NEXT STEPS

Commitment is rarely discussed; and when it is, it is usually being threatened. Take action now and make it a point to talk about how commitment fits into your everyday life with each other. Pick an activity to do in the near future that will reaffirm your commitment to one another. If you exchanged vows at your wedding, do something frugal like handwriting your vows out for each other and keeping them somewhere special or do something more extravagant like plan a vow renewal ceremony. Choose a way to honor your commitment to each other and your relationship (although, taking the Couple Checkup and working through this Discussion Guide is a great start!).

SECTION SUGGESTION

Consider exploring **Spirituality** or **Forgiveness** next.