



Instructions: Commitment Checklist

Step-by-Step Instructions:

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Provide each participant with a copy of the activity for them to complete individually.
3. When both participants have completed the activity ask the couple to exchange sheets and review their partner responses.
4. Ask the couple to share their thoughts about their partners' responses. Questions to ask include:
 - What are the similarities in their responses?
 - What are the differences in their responses?
 - What responses are they surprised about?

Tips for Discussion and Processing

One simple technique is to help the couple keep in mind what they want their relationship to express or what they would like it to stand for.

Recommend the exercise: How Do You Define Commitment? This exercise can serve as a follow up and as an additional resource for working through how they define commitment.

Note: This activity may bring up some sensitive information and feelings. Case managers should pay attention to body language, general comments, and other signs that may suggest discomfort with subject matter and help couples manage this discomfort.

Title: Instructions: Commitment Checklist

Group Size: 10 to 50+; must be even numbered group as they will work in pairs

Time Needed: 20 minutes (discussion times vary)

Goal: To create a deeper understanding of self and a new acceptance of others.

Audience: Couples

Special Considerations:

Resources Needed:

- Activity - Commitment Checklist
- Writing utensils

Resources:

Commitments Tips

<http://relationship.lifetips.com/cat/54915/commitments/index.html>

What Is Commitment, Really?

<http://geofflaughton.com/2011/06/what-is-commitment-really/>