



Activity Commitment Checklist

Step 1: Under the Self columns, read each statement and do the following:

- Check the Y box for Yes if you believe the statement represents an example of how you display your commitment in the relationship.
- Check the A box for Agree if you believe the statement represents commitment but you are having difficulty expressing it in this area.
- Check the D box for Does Not if you believe the statement does not represent an area of commitment in a relationship and does not reflect your commitment level.

Step 2: Under the Partner columns, read each statement and do the following:

- Check the Y box for Yes if you believe the statement represents an example of how your partner displays their commitment to you in the relationship.
- Check the A box for Agree if you believe the statement represents commitment but your partner is having difficulty expressing it in this area.
- Check the D box for Does Not if you believe your partner would say that the statement does not represent an area of commitment in a relationship and does not reflect your partner's commitment level.

Commitment Examples	Self			Partner		
	Y	A	D	Y	A	D
1. I occasionally sacrifice my own needs/dreams for the good of the relationship.						
2. I frequently show that the success of my relationship takes priority over any other aspect of my life.						
3. I make sure to show my partner that their happiness is extremely important to me.						
4. I take my partner into consideration whenever I make plans for the future.						
5. I find it hard for me to picture my life without my partner.						
6. I allow my partner to be who he or she is and don't try to change him or her.						
7. I welcome my partner being dependent on me financially and emotionally, and vice versa.						

8.	I am committed to my partner and have no plans or desire to find someone else.						
9.	I'm not afraid that my relationship will cause me to lose my freedom or identity.						
10.	I have no difficulty trusting my partner.						
11.	I'm not afraid that my relationship will end, even though the frequency of divorce is rising.						
12.	I wouldn't risk compromising my relationship with my partner						
13.	I believe in staying home to keep an eye on my partner when he/she is sick, even if he or she does not require medical attention.						
14.	I believe when stressful life changes or work have put our relationship on the back burner, we should discuss it and try to figure out how to rekindle the relationship.						
15.	I never put my partner down or abuse them verbally or physically.						
16.	I show my partner love and respect. For example, I'm honest, keep my promises and show my love through words and gestures.						

Step 3: Once you have completed steps 1 and 2, exchange your activity sheet with your partner. Discover where there are similarities about how each of you shows commitment in the relationship and where there may be some variations. Should you find that there are significant differences, discuss next steps on how you will begin working on closing the gaps. Your case manager can assist with some ideas or provide an appropriate referral for additional help, if necessary.

Activity Take-Away:

We each bring a set of values to a relationship that characterizes how we define the word commitment.

Understanding how our partners view commitment will allow us to discuss our individual views and experience a fuller and deeper relationship. In relationships where commitment appears to be lacking, a person may feel emotionally unsatisfied and might believe the relationship has less meaning or decide that it does not feel real. Commitment brings people closer to one another.

If we are going to get the most out of our relationships, it's important that we come to an agreement about what commitment will look like. We may need some additional relationship building skills to do so. Several might consider starting with increasing communication that focuses on healthy relationships and compromise. It's vital to invest energy by learning positive relationship skills. With the practice of these skills, we can promote the development of mutually satisfying and healthy couple relationships.

"It is not a lack of love, but a lack of friendship that makes unhappy marriages." - Friedrich Nietzsche