



Activity: How Do You Define Commitment?

1. My definition of commitment is: _____

2. List five (5) words or phrases that you consider to be most important in describing a committed relationship.
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
3. When you have both completed steps 1 and 2 above, please take turns sharing what you have written with your partner. It is important not to comment on your partners' responses other than for the purpose of gaining further clarity, if needed.
4. Review the Information Handout: How Do You Define Commitment?
5. Begin to have open, respectful and safe dialogue. Try to answer the following questions:
 - In what ways do your views differ from one another?
 - Which differences do you believe would be most helpful to discuss with one another?
 - Do you consider yours and your partner's definition of commitment to be in alignment with traditional views of commitment?
 - Overall, how do you believe you and your partner's views of commitment impact your relationship?

Note: It is ok that there are differences between how you and your partner view commitment traditionally within a relationship. However, if your views differ significantly, this would suggest that further discussion outside of this activity would benefit your relationship. Ask your case manager for assistance or referrals, if needed.