



## **Instructions: How Do You Define Commitment?**

### **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 and ask them to read the handout and complete the activity.
3. Upon completion of the exercise, ask the couple to share their thoughts about the activity. If they need additional support, complete the Commitment Checklist exercise or provide them with the resources listed below.

### **Tips for Discussion and Processing**

Case managers are encouraged to use this exercise with couples that are in long-term relationships, engaged couples, and even married couples. Case managers should utilize a non-judgmental approach and emphasize that this exercise will help couples become more aware of what commitment means to themselves and to their partners. Case managers should be aware that while it may bring to light some strong individual differences; it can be used to build a strong foundation to a committed relationship.

### **Resources:**

What Commitment in a Relationship Means

<http://www.loveromancerelationship.com/what-commitment-in-a-relationship-means/>

Commitment in healthy relationships

<http://ncsu.edu/ffci/publications/2007/v12-n1-2007-spring/godddard/fa-10-goddard.php>

**Title:** Instructions: How Do You Define Commitment?

**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 establish what commitment means to each partner in the couple relationship and how those individual views of commitment are similar or different from each other. To review how commitment and tradition are commonly viewed in this society.

**Audience:** Couples

**Special Considerations:**

### **Resources Needed:**

- Activity - How Do You Define Commitment
- Writing utensils