



Four Commitments To Fix Any Relationship

1. COMMIT TO LOVE

- Believe that love exists between you and the other person.
- Commit to loving them, and believe that they love you - regardless of the way things are currently going.
- You cannot love AND be mad. When you say things like, I love him, I just don't like him right now, you are putting aside the emotion of love in order to be mad. But love just loves.
- Love is a decision, and you get to decide that you love them.
- Love is a feeling that you generate within yourself. Our feelings (love) come from our thoughts. So an easy way to FEEL love towards someone is to THINK loving thoughts about them.
- Love is a commitment. It's a decision you make every day without wavering.

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2. COMMIT TO GIVING UP THE NEED TO BE RIGHT

- We feel justified when we think we're right. Our survival is as stake. Our opinion needs to be heard. We need to defend ourselves.
- You don't necessarily have to think that you're wrong. You can be neutral by not trying to make someone else see that THEY are wrong and you are right.
- You may get the other person to acquiesce just to keep you from attacking, talking, nagging.
- Your need to be right is misguided. You will release so much tension in your relationships if you give up the need to be right. The need to be right provides tension against some else's opinion.

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3. COMMIT TO STOP TRYING TO CONTROL THE OTHER PERSON’S BEHAVIOR

- Adults get to behave however they want. Us getting mad at their behavior and punishing them just causes problems.
- People are going to behave the way they want anyway.
- It’s okay to have boundaries, but it’s not okay to manipulate.
- You think, “Well, they’ll walk all over me!” Consider the alternative. Manipulation is not better than letting them be who they are. But “they’ll walk all over me” is just a thought... a belief...a story you’re telling yourself.
- You can set boundaries. Remember #1 - you’ve committed to love. And everything you do - even setting boundaries - is done from a place of love.

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4. COMMIT TO TAKING 100% RESPONSIBILITY FOR YOUR PART OF THE RELATIONSHIP

- You can’t take responsibility for the other person - how they show up, what they do and say. But you take full responsibility for your own behavior and your own feelings in any relationship.
- When we feel disempowered in relationships it’s because we’re blaming other people for how we feel. This is emotional childhood.
- Your thoughts create your feelings. Be proud of how YOU show up. Show up with strength and guide the relationship in the way YOU want it to go.
- Decide ahead of time how you want to show up in your relationships. You’re the one with all the power to determine how your relationships go. You get to decide.

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Remember that when you put the focus on yourself and changing you and how you show up, the world around you will change, too. If you make these four commitments, you will have a beautiful, thriving, healthy relationship. It’s never too late!