



Commitment... what does it look like?

“The biggest commitment you must keep....is your commitment to yourself”
Neale Donald Walsch

I was in a loving marriage for most of 30 years. When I awakened to the reality that the relationship no longer supported my growth and personal evolution, I knew that in order to stay in integrity with myself, I had to end the relationship. After all, “to thine own self be true” or not I suppose that’s up to you. For me, it took years battling with my own inner demons (of which there were many), and issues of co-dependency to actually fulfill that intention.

I felt guilty, inadequate, shameful and judgmental of my own needs. After all, didn’t I make a commitment? Thou shall not break commitments was my bible, and although I wasn’t always aware of that “song and dance” playing in my head, nevertheless it was playing in the background like a scratch on a record. It was only after tremendous amounts of pain and anxiety that I came to a place of realizing I was allowed to have needs, and it was okay to have those needs met. I began to fall in love with Robin, and with that my marriage was over.

But what about commitment...doesn’t that mean anything? Can we just decide to change our minds after making a commitment to someone? What if that commitment implies to love someone till death do part? Can love die or be sufficiently diminished giving you a reason to leave and then it is okay? Is it acceptable to break a commitment if the other person has changed in ways that cause you unhappiness? Is it ever justified to break a commitment, and who decides...where is the line drawn?

I would suggest that we completely reevaluate our understanding of the word commitment. I have come to recognize that the way most people view commitments is really a concept that has been shoved down our throats since the beginning of time. How have we been conditioned to look at commitments, and how does that differ from being authentically in alignment with your own heart? The way I see it is that we can really only ever commit to ourself. As we chose to live a spiritual life, where all our relationships are about the love of truth, personal growth and empowerment, there can be no other way. Only then can we truly offer the beauty, and wholeness of love given freely.

How can we commit to the evolution of our soul, all the ebbs and flows and changes, and not allow that in each moment we get to decide without demands or obligation? That idea is an important one to think about. This doesn't mean that love cannot last over a lifetime, but many times the kind of love it takes to commit to another human being must allow for growth and ultimately change, and that sometimes means ending a relationship that no longer serves your soul and evolution.

Therefore, what can we commit too? We can commit to being true to ourselves.... looking deep inside for our own truth, leaving behind what we have been taught to believe and feeling badly if we feel differently. We can stop blaming others and projecting our own "crap" in order to justify our own values and needs. We can choose to love ourself, live our life fully and with purpose and passion and to love FREELY with our entire heart and soul, making the choice to commit to ourselves with honesty over and over in each moment. All our relationships will be more loving and satisfying as a result.

I am here to help you awaken and empower you...always with love, RJ Please go to robinjillian.com and check out my book entitled "HuggingTrees in the Dark"...Finding the Courage to Free the Heart...and click on the link to listen to my radio show... AwakenRadio.net

Commitment Review Worksheet

Please answer the following questions allowing yourself to express with honesty and self-love. Take your time and tune in to your heart, you owe it to yourself. Your answers may allow you the breakthrough to your own powerful needs and values and to healthy commitment. With love, RJ

*“The Only True Commitment you can make is to yourself”
-Robin Jillian*

What does commitment mean to you?

Where in your life are you committed to others?

*Where in your life are you committed in a way that serves **your** needs and desires?*

Are there areas in your life to which you feel committed that no longer serves your best interest? What does that look like?

What commitments have you made that make you unhappy and dissatisfied?

Does the commitments that you have made allow you free to be authentically you?

How do you feel trapped in the above areas because you are committed out of a sense of obligation rather than love?

Who do you blame for feeling trapped by your commitments? Yourself? Who else?

*How does it look to feel trapped.....work? family? relationships?
How do you judge and shame yourself when you believe you have strayed from your commitments?*

What activities or actions are you committed to that are taking care of you?

IN OUR INTIMATE/SPIRITUAL RELATIONSHIPS: What healthy looks like.....

What does it look like to commit to yourself while mutually agreeing with your partner to promote self-discovery... facing your wounds and fears together?

How are you willing to commit to being truthful and vulnerable with your partner both recognizing that you serve as mirrors for each others wounds?

What actions can you take with your partner when you are feeling “triggered”, allowing for the possibility that it is your own wounds being activated and not blame the other?

What does it look like for you when you commit to being willing for real growth and change in your life?

What could it look like to explore your conditioned beliefs and choose commitments based on a deep self-love for your own freedom and authenticity?

*What conditioned beliefs hold you back from committing only to you?
Commitment traps....what we tell ourselves that keep us imprisoned..do you recognize any of these beliefs that are holding you back?*

“I am too busy (with my commitments), and there is no time for my needs”

“I have people depending on me, I cannot change (fill in the blank) now”

“What will people think of me if I don’t keep the commitment I made” (fill in the blank)

*Thank you for participating in this exercise, and providing your email so I can continue to send you valuable content. I sincerely hope that it has been powerful and liberating for you. For more empowering ideas please visit www.robinjillian.com and click radio shows in the upper right corner to listen to Awaken radio.net where I host my show each week covering the areas of life to ‘FREE THE HEART AND EVOLVE THE SOUL’. With love,
Robin Jillian*