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## **LEVELS OF COMMITMENT**

Sometimes we may think we are making a commitment but it may be only a partial commitment or no commitment at all. For most of us, the issue of commitment is really several underlying issues. One is being powerful. We reinforce being powerless when we say, “I’ll try.” (Actually, trying is for adolescents; adults say “I will do it!”) Another issue is clarity; the clearer we are, the more we do what we say we will do.

The biggest issue is probably our unconscious mind (which also encompasses the two aforementioned issues). Part of our conscious or unconscious mind may wish to make a commitment and another part of our mind may wish not to do it for some positive purpose or reason. We have to identify that positive purpose or reason and get that need met so nothing interferes with making a total, absolute, totally clear, 100% commitment.

Many people come in for psychotherapy and they say, “I want things to be different,” and they believe themselves. But their unconscious mind might be saying at a subliminal level, “As long as I don’t have to **CHANGE!**” This phenomenon equally applies to individuals, couples and families.

### **Four Levels of Commitment**

1. None
2. Partial = I’ll try; I’ll try my best; I’ll give it my best effort; I want to do it; I’d like to do it
3. 100% - Time Limited = I am going to do it every day for seven days (or 10 or 30, etc.)
4. 100% - For a Lifetime = I’m committed to stay in excellent physical, mental, spiritual, etc. shape for my entire life. I’m committed to being the best possible spouse, parent, or friend, etc.

### **Five Humorous Levels of Commitment**

1. I don’t want to – you can’t make me.
2. I want the results but I don’t want to do the work.
3. I might – I’ll think about it.
4. I’ll try my very best.
5. I’ll do whatever it takes.

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