

# The Power of Commitment

## An Excerpt from From Fizzle to Sizzle

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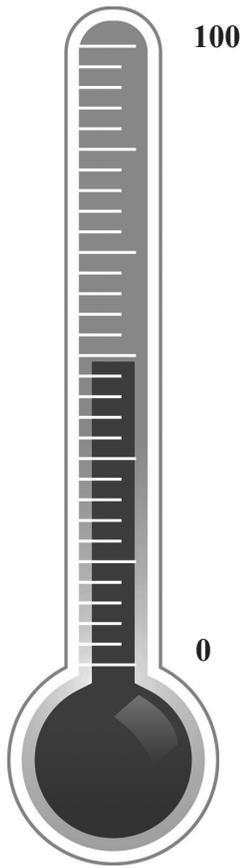


### The Wheel of Commitment

We like to think about commitment like a wheel with ten different spokes. If any one of the spokes is broken or out of alignment, the wheel stops rolling. In our work with individuals and couples we have found ten critical areas in our lives that help us understand why we fail to create and sustain the sizzling relationships we dreamed about as teens and young adults. Each spoke on the “Wheel of Commitment” pictured above represents a concept essential to building sizzling relationships. To help you remember these concepts, the first letter of each word combines to spell out commitment.

The reasons why we fail to follow through on our commitments to others and ourselves have to do with our core temperament, our values, and our emotional memories as we have discussed throughout this book. Remember our philosophy: if we can name it, we can tame it.

When you enter into a relationship, especially a romantic relationship, you may not think about commitment on the first date or you may enter into the relationship with trepidation because of the emotional memories tied to commitment issues. In romantic relationships, commitment is often talked about with a capital C. The mere mention of the word can send some people running in the opposite direction or cause others to cling too tightly to a relationship that is no longer working for them.



### Where are You on the Commitment Scale?

If you are certain that you want to create a sizzling relationship that will stand the test of time and life's interruptions, you must have an honest relationship with commitment. We encourage couples to strive for a soul-level commitment to what you want in your life and in your relationships. A soul-level commitment occurs when you surrender with your whole being, and close all of the back doors and escape routes you have created in your mind. We are not talking about sacrificing individuality or independence: we are talking about committing to the process of engaging in a relationship that delights you every day.

The Latin root of the word "commit" is to bring together and then to send forth. Sounds very much like HUG doesn't it? Finding congruence in our head, heart, and gut before making a commitment is one of the four cornerstones of relationship repair. 99% commitment isn't good enough to sustain a sizzling relationship: you must be 100% committed! Remember the signature to commitment at the beginning of this book? Did you sign it? If not, return now to page 1 and commit. Then mark where you are in your current relationship on the thermometer. This visual reminder will help remind you what action steps in your personal relationships still need to be completed.

Relationships are a process: marriage is a process, raising children is a process, building a business is a process. When we can face the practical realities of life and set aside contemplation of the perfect marriage or the perfect kids, we are free to grow into and with the journey. Everything that we discuss in this book is about understanding the process and being able to consistently realign ourselves to our core temperament, values, and desires.

## Connection

Let's start with Connection. On page 40 we discussed connection as one of the most important core values that create sizzling relationships and asked you to think about what you need in order to feel connected to others. As a Bulldozer, you might need intellectual conversation and companionship, but not a lot of romance and hugging. As a Ringmaster, you need adventure, travel with your partner, and lots of creative playtime. For the Detective, you need honesty with your partner and to be with someone who recognizes and acknowledges your efforts. The Border Collie can be a hopeless romantic and values peace in her home and lots of physical affection. You can see how complicated it can be to get your relationship needs met on a consistent basis. Unless you are able to clearly articulate your needs to your partner and to your children, you will feel disconnected, especially if each of you has a different core temperament.

In addition to the need for connection to others, we address an even greater need that must be met first

for truly sizzling relationships to happen and endure. That need is a solid connection to self. Once you have identified your core temperament and values, do not just write them down and shut this book. Remember, relationships are a process. The tools offered in this book will help you to create a deeper connection to self and to spirit. The HUG technique is a critical piece of our relationship repair system that you master with consistent practice. Connection ultimately involves the art of listening: to our inner voice, intuition, God, whatever you want to call it that makes sense for you. Listening is half of all communication with self and others. Think again about core temperament: do you need to work on your listening skills?

When we feel disconnected from our self or from our partner, we cannot achieve the soul-level commitment we hope to create and sustain. One of your first challenges in committing to a relationship is to address the issue of connection and its role in your life.

### *Questions for Review:*

Here are several questions related to your ability to connect to self and your need to connect to others for you to review:

- Are you frequently taking the time to listen to yourself?
- What thoughts, feelings or emotions do you need to pay more attention to?
- Are you failing to listen to those around you?
- If you are trying to reach a particular goal/outcome for your relationship, who is connected with your goal? What role do they play?

### **Overcoming Fear**

Fear of commitment usually relates to a series of different fears that a person experiences sequentially or simultaneously that include:

- Fear of getting hurt
- Fear of trusting: that you made the right decision, a certain individual, your ability to succeed
- Fear of not finding the perfect client, partner, business or job
- Fear of not maintaining the illusion of perfection
- Fear of failure related to an individual, relationship, or business/job performance - including pleasing and meeting others' expectations and not letting yourself and others down
- Fear of giving up your identity and independence

We all have fears that stop us in our tracks, but we can usually overcome those fears quickly with the tools we have taught in this book.

Sometimes the fear of commitment is about an outcome you expect to happen. What if you commit to doing something and then the outcome is not what you expected? If you want to deal with this fear,

you need to understand that the outcome will never be exactly as you plan it. There will always be slight differences from the way you envisioned it.

Think about what you are most afraid of in your relationship right now. Are you afraid your partner will leave you, laugh at you or ignore you? Be very honest with yourself. In Section V we discussed emotional memories and how they can hijack us along the road to creating our sizzling relationship. Underneath most of our fears is an emotional memory that prevents us from moving forward. Let's look at an example:

*Jerry and Margaret came to us because they were having a difficult time communicating what was happening in their relationship and they both felt stuck. During a session, Jerry admitted that he had been angry with Margaret for several months but was afraid to bring it up with her. Margaret had felt Jerry withdrawing from her. He barely spoke to her, wasn't interested in sex, and wouldn't open up to explain to her what was going on. During our discussion, Jerry admitted that he was afraid to tell Margaret how angry he was. His perception of Margaret was that she was very fragile and couldn't handle the strong feelings he was experiencing. Margaret was surprised by this: she did not think of herself as fragile and never worried that Jerry would harm her or yell at her. In fact, after 15 years of marriage, she knew that Jerry struggled with expressing his anger and tended to hold in his feelings until he exploded.*

*Once they got to the core of what Jerry was angry about, they were able to discuss it calmly and came to realize he had completely misunderstood an argument over finances: he felt Margaret had refused to face the truth of their situation. Margaret was unhappy that it had taken Jerry three months to share this information with her and told Jerry that she was always willing to listen to his feelings and emotions without judgment or fear. After a few more questions we learned that when Jerry was growing up, his Dad did a lot of yelling, causing his Mom to cower and cry in the face of his anger. When he felt his anger rise, he was afraid of making Margaret feel like his Mom.*

*We asked Jerry and Margaret to outline what a safe conversation would feel like for them. They quickly agreed that Jerry needed a safe outlet for the expression of his anger. For him, that meant a run in a nearby park so he could work out the physical feelings first. Then, they would schedule a time to sit down together to calmly talk things through. Margaret assured Jerry that she was not fragile and felt able to support him in managing his anger, whether it was directed at her or at someone else. Jerry agreed to practice using HUG before these conversations in order to be clear about what he wanted the outcome to be and to be sure his anger was not sparked by an emotional memory but a real feeling about a current situation.*

## Questions for Review

- When you hear the word “commitment” what pops into your head? Don't analyze it: just write it down. Writing it down will help you see any memories that may be emotionally hijacking your current relationship.

- What are your expectations for a committed romantic relationship? Are they realistic? Do they match your partner's expectations?
- What commitment are you most afraid of right now?

## Mastery

Next we'll discuss the concept of mastery as it relates to relationship repair. Mastery means the action or process of mastering a subject, skill, or the accomplishment of a goal. Think about your core temperament: is mastery important to you? If you are a Detective, most definitely, but for a Ringmaster, always learning something new is more important than mastery.

To best accomplish relationship repair you must first master the techniques. As we stated at the beginning of the book, these tools need to be used frequently, repeated often, and practiced on others and ourselves. If you want to be committed to your partner for a lifetime, you will succeed only after you commit yourself to mastering the four core tools taught in this book through practice, practice, practice.

*For Dr. Riordan, this level of mastery and achievement is the status quo: she is very self-motivated and driven to succeed. The Bulldozer part of her core temperament often rules her behavior. Her husband and son are more laid back in their approach to life. When her son was younger, she often grumbled to herself about her son doing lots of talking without taking action or completing specific assignments. At school he seemed disorganized and she was sure he could be doing better. He never did any "extra" work and didn't work to perfect his skills in reading and writing. Sitting still to focus on a book or written activity was physically impossible for him. Yet he was making all A's in his classes - why was she worried?*

*One of his teachers helped Dr. Riordan see that her son had a different core temperament than hers. He is passionate about learning in his own way, engaged in the classroom and very bright. As a 10-year old boy he did not care about reading, writing, or homework. He is the consummate Ringmaster and loves being around people. He needs lots of adventure and physical activity to keep him happy. He thrives in discussions, debates and interactive settings.*

*Once she understood this, Dr. Riordan learned not to put her need for achievement on the shoulders of her son and to stand back to watch him grow into an amazing young man who is internally motivated in his own way. Now that Dr. Riordan is not focused on his achievements but on his happiness, they argue less and enjoy learning new things together that both are interested in and he loves sharing what he is learning at school with his mom. She realized that the difference in their core temperaments was causing them to approach life from two distinct perspectives. She thought he was not committed to doing well in school but she could not have been more wrong. He was committed, but to learning and interaction, not to grades.*

If you are struggling in your relationships, ask yourself if you are mastering the four tools taught in this book through practice, repetition, and acknowledgement of the differences in temperament in your relationships. You cannot say you are committed to creating a sizzling relationship with your spouse, child, friend or colleague if you are not actively improving connection and communication.

## Questions for Review:

Here are some questions for reflection around Mastery. Think about these in the context of repairing your relationships (always remember to keep your core temperament in mind as you answer these reflection questions):

- What else do I need to know about my goals?
- Is there something else I need to learn, do or work on?
- Do I have enough information to take inspired action?

## Mentors

We want to say a brief word here about finding a mentor. Whether you are looking to repair your relationships with your spouse, child, or boss, it will be challenging to do so alone. While we are teaching you core skills that you can apply to any situation, it is still helpful and necessary to have a safe person in your life that you can talk to you about the situation at hand. We have talked about connection earlier in this chapter and throughout this book: even as adults, we all need at least one person in our lives that we feel deeply connected to and consider safe enough to share whatever challenges we are experiencing. This may be a friend, parent, pastor, coach, or spouse. It is important that you actively cultivate this type of relationship in your life so you quickly become aware that you are not alone in your journey.

Depending on your core temperament, it can be very difficult to ask for help or support from another person. We want to encourage you to use the HUG technique to define what you need from a mentor and who the right person might be. If you are interested in working with a coach or mentor, or would like more information on working with Dr. Goode or Dr. Riordan, visit our Relationship Resource page at the end of the book for details.

If your spouse is normally that person, and you are struggling to recreate the closeness and security you normally experience with him, tell him that. First, check to see what your fears are around the conversation, clear any emotional memories, and create a safe place to have the conversation. Sometimes just telling someone how much you miss him or her can create that safe place to initiate a difficult conversation.

## Questions for Review:

If you are looking for a mentor, here are two questions to contemplate:

- Who do I know that can guide/support me in achieving this goal?
- What kind of person do I need to find to help me achieve the desired outcome?

## Inspired Action

One of the primary advantages of continued practice with the HUG technique is the increased ability to trust and follow guidance for “inspired action.” What is an inspired action and what does it have to do with

commitment? It is an action that you take because that little voice in the back of your head or in your heart or in your gut urges you to take it. The more in tune we become with our inner sense of knowing, the more success we will have in repairing relationships quickly and painlessly. Most of us dread confrontation, even if we are the one who is angry: complaining to a girlfriend that we are mad about something our spouse did is easier than telling our spouse we are angry with him.

But what if you listened to that inner voice that guides you to give your spouse an extra hug or to make her lunch as she runs out the door? Perhaps you are guided to stop and buy flowers or a bottle of wine on the way home - or a text saying, "I love you" during the day with no expectation of a return message. All these qualify as inspired actions: they originate within us; we listen, and we act.

Anais Nin wrote, "Our life is composed greatly from dreams, from the unconscious, and they must be brought into connection with action. They must be woven together." Are you spending too much time dreaming of what you want from your relationship, but failing to take action?

Inspired actions are actions we are drawn to take by our inner selves and without any expectation of the outcome. Here is an example.

*Dr. Riordan was coaching a business owner, Lorraine, who was struggling with a difficult client. While the client was generating good income for Lorraine's company, he was difficult to communicate with: he had suddenly become less responsive than usual and was not getting the work done that made it possible for Lorraine's team of virtual assistants to accomplish their jobs. There was clearly something out of kilter in the situation and Lorraine was not sure how to progress. In their coaching session, Dr. Riordan asked Lorraine to talk through what she really wanted out of her relationship with this client.*

*Lorraine's ultimate desire was to maintain this client and to improve the relationship so that everyone was happy in the work environment. After their conversation, Lorraine knew exactly what inspired actions she needed to take to move her towards a solution. Lorraine phoned Dr. Riordan later that evening to share her excitement. While digging in the garden, the perfect solution to her communication challenges with the client popped into her head. She realized that her team did not have a suitable way of communicating its needs and deadlines to the client. Lorraine was putting herself in the middle, rather than letting the client and the teams get the job done: she recognized that her need to control the situation was interfering with progress.*

Again, you can see how our fears, worries or need to control can interfere in our relationships and stop us from making a soul-level commitment to success. Remember that commitment, just like relationship repair, is a process that takes patience, practice, and the willingness to listen.

Start listening to yourself on a regular basis and when some seemingly whimsical or perhaps more obvious action arises in your mind, do it right away. Not waiting is an important element of successful inspired action. We guarantee that this process works and works fast, especially in your relationships! Remember that we have to take care of ourselves first and stay connected to our core before we can make progress in moving our lives and romance from fizzle to sizzle.

## Questions for Review:

- How often do you ask for guidance from self, from Spirit, from your support team of spouse, friends, or coworkers?
- Ask yourself right now: “What is the next step I need to take to deal with \_\_\_\_\_”  
We encourage you to answer this question in writing and to keep a record of your inspired actions. Follow up with yourself. Was the outcome what you expected - what you wanted? If not, practice seeing the outcome as positive. Make sure that you are not attached to a specific outcome because of your emotional memories.

## Tell the Truth

Here’s a story shared by Hannah - a friend of Dr. Riordan’s - who struggled with alcoholism for 24 years, when we asked her what commitment meant to her:

*What a fascinating word, commitment. I have been committed to many things throughout my life: committed to proving something to my family and society without regard to my own desires; committed to putting on a front that didn't show the pain I felt inside; committed to never ever being alone, therefore jumping from one bad relationship to the next. Commitment shifted for me in 2007, when after 13 glasses of wine and 24 years of being an alcoholic I woke up to the look on the face of my fiancé who had finally had enough. At that moment, he made a commitment to not attach himself to the train wreck I had become.*

*Today I am committed to awakening to the self that exists inside the alcohol-controlled self that I served for many years. I am committed to me first and that means being compassionate with myself: understanding that I am divine and worthy for no other reason than that I am. I am committed to honoring the gifts, talents, the highs and the lows of the multi-faceted being that I am, to loving this energy called life. Today I understand that we make many commitments in this world but without a commitment to self first, to healing our wounds first, to awakening to our authentic self first, we can do little to heal the world or ourselves.*

*Commitment is always the unwavering consistent path to something or somewhere – and I am committed to being guided there, trusting that life, the good of all, is committed to me too.*

It is human nature to focus our attention and communication on why we CANNOT commit to our clients, business, partner, children, dreams, health, or finances – especially over the long term – and why we waste our energy convincing others and ourselves that our goals are impossible to achieve. In reality this is only a tactic to delay making your soul-level commitment. It took Hannah 24 years to begin to tell herself the truth and to face her reality. Are you telling yourself the truth?

In this section we want to focus on your relationship with yourself and with others. Is honesty high on your values list - but you consistently sabotage your health with overeating or drinking too much alcohol? Is

respect high on your list - but you deal with your spouse or your child by screaming at them or retreating from them? Even telling small lies causes an inner shift in your alignment with your values and sense of inner security. People know when you are not being honest with them or even with yourself. What are you hiding from or avoiding by being dishonest? In Hannah's situation, she was hiding from herself because she did not believe it was okay to shine in her own brilliance. She used alcohol to avoid the lies and the discomfort of trying to be someone she was not.

When we are not fully committed, all we see are excuses and we love to share them. We love to rationalize, "Oh just one little French fry - I will starve myself later to make up for it"; "I will get that work-out in tomorrow." By procrastinating, we often ignore the urge to take inspired action. In *Little Orphan Annie* Annie sings, "The sun will come out tomorrow, tomorrow, tomorrow." What about **today**? When we are fully committed and consistently tell ourselves the truth, we see so much more. Suddenly our lives are ripe with possibilities, solutions, and opportunities!

We become more attractive to others when we make a soul-level commitment to ourselves or to something or someone. People sense our enthusiasm and our drive. When we commit to telling the truth in every aspect of our lives, we feel relieved, energized, and refreshed. We are living a congruent life that fills our spirit. It becomes easier to move forward and to take inspired action: we believe in our own ability to make things happen.

Commitment is **SEXY**: people want to share that energy with you!

## Questions for Review:

- What excuses am I making?
- What am I lying to myself and others about?
- How can I make it safe to tell the truth?

## Measure of Faith

This one is simple and obvious: if you are truly committed to creating a sizzling relationship with your significant other, you have to believe that it can happen. Now that you have all the tools for relationship repair at your fingertips, you have to trust that it will work for you and that you can be the agent of change you want to be. Remember, you are the one who has to change first, to see the world differently and to tell the truth. You must be the role model for what you want to create.

As Joseph Chilton Pearce, author of *Magical Child*, says, "We must become the people we want our children to be." We love this quote: it embodies everything that we are trying to communicate. In any relationship with another human being, we must become who we want ourselves and the other person to be. If you want to be treated with love, do you practice being loving? If you admire honesty and respect, are you honest and respectful in all of your relationships?

It takes "a measure of faith" to step into the position of leader and role model.

## Questions for Review:

- On a scale of 1 to 10, how do you rate your faith related to achieving your goal?
- If you are not at a 10, what is one action you can take to move you forward?
- Are you acknowledging and celebrating your small successes along the way? This is a critical step in trusting inspired action, increasing your faith in yourself and continuing to grow.

## Energy Management

When our goal is to increase commitment and to create a dynamic, sizzling relationship that fills our heart and soul with joy, we often forget to focus on our energy levels. Learning to manage our energy is a critical component of relationship repair. How you manage your energy may vary according to your core temperament, but it is an area of personal development that needs to be addressed on a daily basis.

When we talk about energy management, we are talking about two key areas of our lives: physical energy and emotional energy. Let's look at each one individually.

**Physical energy** is derived from our routines for self-care like eating healthy foods, getting enough sleep, getting consistent exercise, brushing our teeth, and bathing. It can also include haircuts, taking care of our nails, and dressing so we feel attractive. You have to care about how you look and feel physically before you can expect anyone else to care. This is not about being physically beautiful or having a muscular body or wearing designer clothes, this is about how much time and attention you dedicate to making yourself feel good. If you are tired, depressed, unhappy with how you look or feel, you will not have the energy to meet the needs of a loved one. Remember, commitment is **SEXY!**

**Emotional energy** stems from self-confidence and self-worth. Inner strength and beauty are more attractive than external beauty. We have all met people who are charismatic or whose enthusiasm for life is magnetic. For us to be in a positive, romantic and sizzling relationship with another person, we first have to take care of our emotional energy. Are you coming home from work at the end of the day tired, angry, or frustrated? Think about how that energy spills onto your partner or your children, even though you may not intend it to. Some simple ways to get re-centered are to spend five minutes sitting in your car taking deep breaths and naming all the reasons you can't wait to see your family, or asking your family to give you ten minutes of quiet time in the bedroom so you can regroup before joining them for dinner. Perhaps you need physical activity to reenergize you emotionally at the end of the day: so you stop at the gym to work out before heading home.

Let's look at emotional energy and core temperament. Each core temperament manages his or her emotional needs very differently and you need to be aware of this if you are in relationship with someone whose temperament is the opposite of yours.

**Bulldozer:** Bulldozers have a high tolerance for stress and will often store stress internally for a length of time before they even realize they are suffering. A partner might notice they are quieter or more withdrawn than usual or working longer hours at the office. They ignore their emotions or tend to manage them privately

through more work and internal dialogue rather than conversation.

**Detective:** The Detective manages her emotional energy by trying to solve her problems on her own first by going to her head. She worries, researches and filters through her past memories. She will do research online, write in a journal, read a self-help book, or try to educate herself. It can be difficult for the Detective to reach out and ask for help. Very sensitive in nature, her emotional energy can be drained by too much criticism or if she perceives someone does not value her contribution.

**Border Collie:** The Border Collie is service-oriented and open-hearted by nature and struggles with his emotions more than other temperaments. He wants to manage his energy by talking through challenges and issues, and needs a supportive listening ear from his partner. The Border Collie becomes depressed when life is not going his way and can be very stubborn when change is required.

**Ringmaster:** The Ringmaster manages emotional energy by escaping, either to her inner dream world or to an external adventure. Ringmasters may seek out pleasurable experiences, drink too much or drive too fast to feel better. Remember that Ringmasters value freedom and when their emotional energy is drained, they will seek action.

Within the context of your core temperament, are you managing your emotional energy in ways that lead to inspired action and more sizzle? The HUG technique is a powerful tool for managing your emotional energy and ensuring that you stay aligned and congruent.

## Questions for Review:

- What are you doing to take care of yourself:
  - Physically?
  - Emotionally?
- What is one thing you can do today or tomorrow to take care of yourself in one of these areas?
- Use HUG to help you understand what is stopping you from caring for yourself. Here are some sample questions you can ask using the HUG technique: “What can I do today to increase my energy?” “Is there an issue I need to address emotionally to be clear for my children?” “What does the pain in my neck need for relief?”

## No Complaining!

*“We have to retrain our thinking and speaking into positive patterns if we want to change our lives.”*

*~Louise Hay*

Complaining is NOT SEXY: the complainer will find it hard to attract friends and you will attract other people who are stuck right along with you. Remember, to reach a soul-level commitment we have to be 100% committed and willing to name and tame whatever it is that holds us back.

We have all experienced the negative energy that comes from being around someone who does nothing but complain, whine, and point out how awful their life and everyone in it is. Have you noticed how easy it is to get pulled into a conversation where you detail all the parts of your life that are going wrong?

All the tools that we have taught throughout this book: core temperament, values, avoiding emotional hijacking, HUG, and following inspired action will help you to recognize this pattern of negative thinking in yourself. The goal is to start focusing on the optimistic. Imagine how your self-image would change if you spent five minutes cataloguing everything that is wonderful about you or describing what you love about your job.

Remember the example of Suzanne and Frank? He had a visceral negative reaction to being regaled with what wasn't working every morning as soon as he got up. She was letting her frustration cloud the precious moment of connection with her husband, connection that she cherished and desired. Just by naming the challenge, this couple was able to tame it and start the morning with a kiss and a snuggle on the couch over coffee.

## Questions for Review

- How much energy are you investing in focusing on what is wrong rather than what is right? Take one day and count how many times you judge yourself or others.
- Try spending one day noticing everything that *is working*. Keep a gratitude journal for one week, spending a few minutes every evening making a list of what you were grateful for that day.

## Time Management

One of the biggest complaints we hear in relationships is about the lack of time spent on developing the relationship. The truth is, managing our time is just like paying the bills, brushing our teeth, or shopping for groceries once a week. It is a tool and skill that we can develop. In fact, you may have great time management skills at the office, but fail to apply those skills at home.

Commitment takes work: it's about the process, not the outcome. This is not as complicated as it sounds: if you stop, check in with your core values, and remember what is really important, you will quickly learn to restructure your life and relationships in ways that are more meaningful and quickly move you from fizzle to sizzle.

Some examples for improving time management in your relationships might be:

- Scheduling a weekly date for sex with your spouse
- Scheduling a monthly date night out with your partner
- Scheduling a weekly playdate with each of your children
- Scheduling a walk a few times a week
- Implementing a mandatory family dinner night or game night with your kids

If we don't actively schedule time with our spouse and kids, they may fall to the bottom of the to-do list. It may not seem romantic to schedule sex or seem ridiculous to schedule time with your kids who you see every day, but the truth is, we allow other priorities to cloud our true desires. Wouldn't you rather go out to dinner with your wife than fix the back gate?

We encourage you to sit down with your partner and your calendar. See what is filling your time: what can be moved or delegated so that you can carve out more time together? Make sure to write yourselves into your calendar. You have to take these appointments seriously. Miss an appointment? Reschedule it now! Don't wait or the chance for connection will be lost. Creativity is a great tool to employ to make a new routine work for everyone!

Remember that time management mirrors energy management, just as you need to write your spouse and your family into the calendar, you also need to schedule time for self care.

## Questions for Review

- Are your action steps, planning time, meditation time, and self-care time written into your calendar?
- Where can you carve out time to work on yourself?
- Are your values reflected in how you are spending your time?

## Review

In this section we have discussed ten different areas of our lives that can lead us to leave a little back door open in our minds and stop us from making that soul-level commitment to creating the sizzling relationship that we say we want. When you find yourself struggling with a difficult question or feeling disconnected from your partner, return to this section and run through the ten spokes of the commitment wheel. Use HUG to test your strength and congruence. Are emotional memories hijacking your relationship? Are you afraid of getting too close to someone or of showing your true self? These are questions that roll through our minds in relationships: all you have to do is to name the fears to tame them. Commitment is **SEXY**: not just commitment to someone else but above all, a soul-level commitment to yourself and to your values. When you are in alignment in your thoughts, feelings, and actions, you act with confidence and enthusiasm: that is **SEXY**!

At the very beginning of this book, you signed a statement saying that you were committing to repairing your relationships - or perhaps you read that part but did not sign it. Now that you have reached this point in the book, read that statement again. Sign the form on page 1 if you have not already. Now you are ready to put your plan of action together.