

Commit to Change

Objective

To explore making positive changes in your life by pledging to actively work toward your goals.

You Should Know

Human beings are by their very nature creatures of habit, and react with anxiety, discomfort, and uncertainty in the face of change. For example, imagine yourself getting dressed in the morning at home. You have your routine set and go through it, probably without much thought. Now imagine yourself when you are staying in someone else's home or at a hotel. You probably feel a little anxiety as you struggle to learn where things are and how they work, as well as searching through your bag to locate all the supplies you rely on to make your mornings comfortable and to prepare you for the day.

Even positive events that are welcome, like a new baby or a new job, still elicit some anxiety and discomfort as you work toward acclimating yourself to the changes they will bring. No matter whether it is positive or negative, change can be frightening and it demands a lot of you.

However, acknowledging these difficult feelings and working through them by committing to doing whatever it takes to accept new possibilities in your life will be cathartic and empowering.

What to Do

In this activity, you'll:

1. create a commitment statement using the prompts that are provided for you;
1. add your own statements that reflect your unique needs;
2. read, recite, record, or take a picture of your pledge as often as you think you need to remind yourself what you have to gain from making a change in your life.

Here are several examples of commitment pledges:

- I commit to focusing on what is good and positive about myself and my life every day that I am taking on this difficult undertaking.
- I commit to doing whatever it takes to make the changes I know I need and want to make in my life.
- I commit to embracing my fears instead of trying to avoid them.
- I commit to sometimes feeling uncomfortable while facing my symptoms.

- I commit to being patient with myself as I try out new and unfamiliar strategies and interventions.
- I commit to forgiving myself for any setbacks or mistakes I may make on my journey.
- I commit to taking the time for rest and relaxation so that I have the energy necessary to complete the tasks I set for myself.
- I commit to allowing myself to receive the emotional support I need to help me throughout my journey.
- I commit to rewarding myself every day for trying to change my life.

Write your own:

I commit to

What do you stand to gain from pledging to try opening yourself up to a new way of thinking?

Think of a time when you committed to some positive change in your life, no matter how small. What was the experience like for you? What would have made it better for you?

What did saying the pledge you created mean to you?

How did it impact your ability to commit to your goal?

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Is there anything in particular you learned from this exercise?
