COMMITTED RELATIONSHIP

During this video, I'm going to discuss what commitment means to your romantic relationship.

And then you're going to learn some simple, proven and highly effective tools you can use to demonstrate your commitment in your relationship.

But first, we all hear about people being in a committed relationship, but what ***exactly*** does that mean?

Being in a committed relationship means both partners ***want*** and **desire** to be committed to each other as a couple. You cannot be in a committed relationship IF only one partner wants to be committed to the other. It doesn't work that way. So both partners have to want to be committed to each other.

And this commitment is an ongoing fluid process. You don't just set it and forget it. Partners are constantly revisiting their commitment to each other because one person may change their desire to be committed to their partner and the relationship over time.

Think of your commitment as being the glue that holds your relationship together – through the good times and the bad times. It keeps you connected and bound to each other. That's how important commitment is to your relationship. It keeps you firmly bound to each other!

Another important aspect of being in a committed relationship is that your commitment to the relationship is *very intentional*. You don't just wake up one day and – **SURPRISE!** You're committed to each other. No, you and your partner make a very intentional conscious decision to commit to each other – with this commitment based on love, honesty, and transparency with each other.

That's how important commitment is to your relationship. It keeps you firmly bound to each other!

Commitment is NOT displayed by your words (what you say) – rather it is demonstrated by your actions (what you do). Let me repeat that - the way you demonstrate the commitment to your relationship is based upon your actions. Not your words.

Following are some simple, proven and highly effective ways you can use to demonstrate your commitment to your relationship.

1. You speak positively and complimentary about your partner – whether they are with you or not. You do not throw shade on them. You don't criticize them. You don't belittle them in front of other people.

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We've all been in social situations where one partner is putting the other partner down or criticizing them in a very demeaning and disrespectful way. It's inappropriate for someone to behave that way towards their partner. And quite frankly, it really makes everyone around them feel uncomfortable because no one wants to hear one person trash talk their partner.

SO remember, being in a committed relationship is demonstrated by speaking positively about your partner – at all times.

2. The second way you demonstrate your commitment to your relationship is by **both of you meeting the needs of the other person throughout the relationship**. And the way this works is that at different times during the relationship, you will prioritize each other's needs. Sometimes **you'll** compromise your needs to meet the needs of your partner - or do what your partner wants to do instead of doing what you want to do. Other times your partner will compromise these needs to meet your needs – or do what you want to do. People in a committed relationship show each other that they care about the needs, wants, and desires of their partner, even when it requires prioritizing their partners needs over their own.

3. People in a committed relationship **"respectfully agree to disagree"** with each other. They do not have to have the same voice or the same opinion on every issue that comes up or every decision that needs to be made. And if you think about it, it's pretty impossible for two people to think the same way and have the same opinion on every single issue that presents itself, or decision that needs to be made.

4. Couples in a committed relationship **maintain their sense of individuality** – their sense of self - **by creating and maintaining healthy boundaries within the relationship**. In other words, you are a whole person separate from your partner and your relationship, and the same is true for your partner. You don't lose your voice or individuality to the other person because then you are not being true to yourself. And if you're not true to yourself, over time, your commitment to the relationship will falter because you won't even know who you are as a person anymore, let alone who you are as a partner.

   Therefore, it is very, very important to be able to maintain your sense of self, your sense of individuality and your personal boundaries – to be in a healthy committed relationship.

5. People in a committed relationship create goals for their relationships and they revisit these goals throughout the life of the relationship. And I would suggest couples revisiting their goals every 9 months to 1 year.

   Think about this. Over time, you will evolve as a person and therefore you will also evolve as a couple. You are not the same person that you were 1, 5, 10 or 20 years ago. And because you're a different person, you will bring a different sense of self to the relationship. And in order to make sure that the goals of the relationship today meet the needs for who you are as a person today, it's critical that you look at the goals that you set a year ago and reset them. Or you maintain them to make sure they're still aligned with your needs today as a person. Otherwise, when couples don't do this, their commitment breaks. And this is exactly what happens when you hear people say**, "we**

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just grew apart." You grew apart because you didn't check in periodically to make sure that your goals for your relationship were still aligned with each other.

6. Another simple proven, and yet highly effective way you can show your commitment to your relationship, is when you and your partner do things together and share common experiences, approach these things and experiences, and think about them from a "we" perspective, not an "I" perspective because it's not just about you.

   Think about it. Let's say you and your partner go out to dinner and you enjoy a fantastic meal together. And then you tell your friends about it the next time you're together. You don't say I experienced this great meal. You would say, we went to this fabulous restaurant and had a fabulous meal. This way of communicating your experience shows your commitment to each other, even in the way you speak.

7. And finally, an important way you can demonstrate your commitment to your relationship is that you don't engage in flirtatious or romantic dalliances with anybody outside your romantic relationship. You don't engage in sexual infidelity, and you don't engage in emotional infidelity by sharing confidences that really belong inside the relationship, with someone outside the relationship.

Summarily, being in a committed relationship is demonstrated by what you do, not what you say. Commitment is the glue that holds your relationship together, in good times and bad times. It is a fluid and ongoing process based on love, trust and openness. Both you and your partner want to be committed to each other.

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