

COMMITMENT FEARS AND HOW TO CONQUER THEM

Commitment can be a scary concept. This fear is usually linked to the idea of having to make a promise to or with another person, be it our boss, a mate, a colleague or our boy/girlfriend. What if we (or they) fail to live up to that promise?



It's useful to work out whether or not we are sabotaging good things in our lives because we don't want to take the risk of being let down by others (or be the one who lets others down).

**Here are some behaviours that people with commitment fears demonstrate.
Do any of these sound like you?**

- Your relationships with other people tend to be short-lived, whether this be with bosses, friends or boy/girlfriends.
- You don't like making plans more than a day or two in advance. You would get nervous if your boss asked you to work late in three days' time, your friends invited you to join them on a getaway the following weekend, or your family expected you to attend a birthday party later in the month.
- You like to keep your options open. You tend to say you **might** do something, rather than give a firm yes.
- You don't like to label your relationships with other people. That is, you don't want to be known as someone's boy/girlfriend or best mate, and you would refer to your employer as **the** boss rather than **your** boss.

- You do not like expressing your feelings. You play your cards close to your chest, preferring not to say whether you'll do something or not.
- You don't have many close friends but may have lots of friends with whom you're only loosely connected.
- You are a little unpredictable. You tend to change direction / focus without too much thought or planning.



What drives these fears?

Here are some possible reasons for you to consider.

- You feel vulnerable. You feel that other people have the power to hurt you, so you keep them at arm's length.
- You prefer to keep your options open in case something or someone better comes along. For instance, you might feel your current job is merely a stepping stone to something better, so you don't bother to learn about or do the job as best you can.
- You have really high expectations, so you have little or no tolerance for flaws in people or situations. For example, you tend to only see faults in your boy/girlfriend and end up thinking they're not good enough for you.
- You don't want to feel trapped in a 'not OK' situation. You feel that by saying yes to a commitment, it could trap you in a situation that is hard to get out of.
- You let your past overly influence you. Because you've felt let down in the past, you're sure it will happen again if you let down your guard.
- You believe life is too busy to add any further commitments and demands.



If you think you may have some commitment fears, you can find some more ideas on how to beat them and live your best life here:

<https://thoughtcatalog.com/peter-benvenuto/2014/03/7-reasons-why-youre-afraid-of-commitment-and-what-to-do-about-it/>