

Week Ten

Myths That Undermine Commitment

Myth #1 - Maybe I Can Have It All

When you commit to following one path, you often must give up another. (for the poetry lovers, see Robert Frost's poem "Two Roads Diverged in a Yellow Wood.")

Many people, after making an important decision, experience "buyer's remorse." They ask themselves, "What if I made the wrong choice?" Commitment implies, though, that we gain from what we choose while, at the same time, lose something in what we give up.

When we choose to marry, we are choosing one person from among many in order to have a mate to stick with through thick and thin. This choice involves giving up all other possible partners ("forsaking all others"). Consequently, since we benefit from making good choices and we experience the best marriage has to offer if we are firmly committed to our marriage, it is easy to conclude that we CAN'T have it all.

Next week: Exercising Your Commitment Quiz