Week Eleven

Exercising Your Commitment

Use the following scale to answer each question.

1=Strongly disagree
2=Neither agree or disagree
3=Strongly agree

_____ 1. I believe that you can make commitments without giving up any options.

_____ 2. I would rather keep all my options open than make a commitment that requires giving up some choices in the future.

_____ 3. I won't give up any options unless absolutely necessary.

_____ 4. So far in life I have not had to give up options because of choices I have made.

_____ (total)

_____ 5. I will give up some things in life in order to have other things that I want more.

_____ 6. When I make a commitment to one path, there are usually other paths that must be forsaken.

_____ 7. Life requires you to make choices and in making these choices you have to give up some options.

_____ 8. If you do not ever give things up there are many other things in life that you cannot gain.

_____ (total)

Now, total up your answers to questions 1-4.

Next, total up your answers to questions 5-8.

If your total for questions 1-4 exceeds the total for 5-8, I would strongly encourage you to consider whether your beliefs about hanging onto options are negatively impacting your life.

Next week: Keeping Options Open and "Maybe I Do."