

Week Five

How And Why Commitment Develops

Typically, when people fall in love, attachment begins to develop. With attachment comes anxiety. People tend to become anxious about the future of the relationship. Typically, the anxiety peaks after an individual experiences intense satisfaction, but before both parties have committed to be together.

From a psychological perspective, commitment happens simply to make this anxiety disappear. From a human perspective, however, it is scary to love someone when it is unknown whether that individual will remain in your life. Commitment happens, therefore, as a safety mechanism in a relationship.

As a result, true commitment has the power to turn a good relationship into a great one. It establishes a safe and firm foundation for attachment to take root between partners. Without that security, though, partners don't feel safe and they will not invest as much in the future of the relationship. As a result, that relationship will suffer.

Conclusion? The safety provided by commitment is necessary for a quality relationship!

Next week: The three types of safety that are needed in a great marriage.