

Week Seven

The Two Types Of Commitment

The two types of commitment (especially for the math lovers among you):

Dedication + Constraint = A Strong Marital Bond

Definition of Dedication: an internal state of devotion to a person. It is a motivating force based on a decision to give your best effort.

Definition of Constraint: a sense of obligation. It considers the cost of abandoning the present course of action.

Fact: Couples who maintain and act on dedication are more connected, happier, and more open with each other.

Manifestations of Dedication in Marriage:

1. Couples will think more like a team, with a focus on “us” and “we,” instead of “I” and “me.”
2. Mates will make the marriage and the spouse a priority.
3. Spouses will protect the marriage from attraction to others.
4. Spouses will sacrifice for one another without resentment.
5. Couples will take a long-term view of the marriage by planning and building a future together.

A couple in a marriage with constraint but no dedication will either remain married but miserable or they will divorce. Marriage without Dedication is a marriage without passion.

Constraint does not lead to deep commitment. With constraint but no dedication, the *status quo* can be maintained but the marriage will lack the qualities that make it most desirable.

Next week: Common Constraints.