

## FEAR OF COMMITMENT

WARNING! The following article addresses the “C” word in graphic detail. Reader discretion advised!

Why does the notion of committing, strike such fear in our hearts? Is it laziness? Cowardice, perhaps? Or is there a more substantial reason?

One of the most powerful motivators for human behavior is the avoidance of pain. Have you ever made a commitment that ended up in a major league upset?

Do the words, “I will NEVER, EVER, EVER let myself get hurt like that again!!” sound familiar? How excited were you, right after a painful relationship, to jump right back into another commitment? When pain is powerfully associated with making commitment, the “C” word becomes something to avoid at all costs.

Now we’ve got a dilemma, because life demands commitment. We commit when we get out of bed in the morning, and when we go to work, and when we order a meal. Every time we think of our next action, and then move forward on it, we are using the dynamic of commitment.

What really happens, is that we continue making commitments. We just make them without heart.

We withhold our passion. We withhold our power. Somewhere inside we conclude that if I’m only 60% committed (and then I fail), 40% of me won’t be disappointed.

Enter, the self-fulfilling prophecy. If we hold back 40% of our power, to avoid disappointment, we’re only operating at 60% of capacity. That’s like trying to climb Mount Everest with pneumonia. It’s set up to lose. We hold back the very power needed for success. Do you know someone close to you, who lives in this chronic state of low-level commitment? Maybe someone VERY close to you.

So...do you really want to manifest the dreams of your heart? Then commit yourself fully into your chosen path. Be willing to learn from mistakes, heal

through your hurt, and go for success. Watch what happens to your level of aliveness when you don't hold back. Watch what happens when two people commit to each other without reservation.

As W. H. Murray from the Scottish Himalayan expedition shared so powerfully: "Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole string of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. I have learned a deep respect for one of Goethe's couplets: 'Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it.'"

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