

LACK OF COMMITMENT

Directions

Many factors can cause you to become less committed to a relationship. If you are feeling that you are less committed than you used to be, use the questions below to explore some of the possible contributing factors.

Reasons For Lack of Commitment

1. Have you become overwhelmed by the demands of life? Yes No

If yes, how do you think this affects your commitment? _____

2. Is your drive to succeed making it hard to focus on your relationship? Yes No

If yes, how do you think this affects your commitment? _____

3. Are you purposely keeping your distance? Yes No

If yes, how do you think this affects your commitment? _____

4. Are your outside interests getting in the way? Yes No

If yes, how do you think this affects your commitment? _____

5. Do you have unresolved feelings of resentment? Yes No

If yes, how do you think this affects your commitment? _____

