



Meeting Your Match

Cracking the code to successful relationships

MYM Worksheet 19 ***Looking at commitment***

What are your thoughts and feelings about the concepts of committing and commitment in a primary relationship?

Do you avoid it? What do you do when commitment seems like the next step?

Do you look forward to it? How quick are you to commit in a relationship?

Are you afraid of committing in some way? Why do you think you feel that way?

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