

Commitment Level Guide

Stress is a choice. Or rather, an accumulation of many choices. While you may find yourself wishing to be less stressed, you continue to make choices that contribute to stress. Choosing to conquer your stress is a great start. But unless you commit to your choice, it will remain just a nice idea.

We place a lot of emphasis on commitment. This is because making your choice to conquer stress is only small piece of the puzzle. Continuing to make that choice is even more important. This is called commitment. Whether or not you are committed to your choice makes all the difference. Your level of commitment will be directly proportional to your ability to conquer stress.

To continue choosing to conquer your stress - to fully commit to it - you must address the mind games that are holding you back. For the most part, these mind games operate below your level of awareness. Becoming aware of them, shedding light on them, dissolves them and they can no longer hold you back.

By asking yourself the following questions and by being brutally honest with yourself, you can unearth the roots of what holds you back. Remember, just bringing awareness to what is holding you back is enough to release you from its grasp.

If I stay the way I am, what do I get to avoid?

Do I get to avoid responsibility? Success? Do I get to avoid visibility or vulnerability?

If I stay the way I am, what do I gain?

Do I gain others' pity or attention? Do I get to stay lazy?

If I stay the way I am, who do I get to punish or blame?

Does my stress punish others? Am I trying to punish my spouse, kids, parents, boss? Does my stress punish myself?

Am I afraid of something?

Am I afraid of change? Or of what others think of me? Am I afraid of my life being better?

Am I waiting for something?

Am I waiting for someone else to change before I can? Am I waiting for life circumstances to change before I can change myself?