

# Getting The **RIGHT MINDSET** FOR COMMITMENT

- Discover the reason your life and relationships seem hard to bear.
- Plus, what to do when it feels like the world is against you... this may be one revelation that changes your destiny!

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## Getting the Right Mindset for Commitment

“The successful person has the habit of doing the things failures don't like to do. They don't like doing them either necessarily. But their disliking is subordinated to the strength of their purpose.”

- E. M. Gray

Now that you've taken a look at your partner and their ability to commit, it's time to find out a little bit more about YOU.

I want to know *where* you're at in life, and what your hopes and dreams are. I want to know what kind of relationships you've had in the past, and how you've dealt with them. I want to know why you want commitment, and how a committed relationship fits into the “big picture” of your life.

You may be wondering why any of this matters. You may be thinking, “Isn't this about getting the OTHER person to commit? This isn't about *me*; it's about them!”

Ah hah ... I want you to recall something I said in the introduction to this book:

**What you GIVE is what you GET.**

There's every chance in the world that you're not getting the commitment you want in relationships because *there's something in you attracting exactly what you don't want.*

“What?” you're probably thinking. “How can it be *my* fault that he/she won't commit?”

Put aside all thoughts of blame for the moment, and let me introduce you to some concepts that just may shock you into realizing how much power you already have over your relationship.

## ***Always Take 100% Responsibility in Your Relationships***

“You did the best that you knew how.  
Now that you know better, you'll do better.”  
-Maya Angelou

Counselors and life coaches alike believe that the first step to taking control of your life and getting the results you want is *to take 100% responsibility for your life.*

This means that you accept that **you have chosen everything that has come into your life:** the good, the bad, *and* the ugly.

You're not the passive Victim of the vast, impersonal, immobile forces of Life. Rather, *you* are the Creator.

Imagine: how would it feel to know that you have created *everything* in your life that's ever showed up?

- *You've created your successes.*
- *You've created your "failures."*
- *You've created your happiness.*
- *You've created your sadness.*
- *You've created your job.*
- *You've created your relationship.*

It's a weird feeling, isn't it?

All of us get so used to blaming external situations for what happens to us. No one would hire us for the job we wanted, and *that's* why we're stuck in a job we don't like. None of the guys/girls we were interested in liked us back, and *that's* why we're stuck dating someone we don't particularly care for. We weren't born with a silver spoon and genetically-blessed good looks, and *that's* why we're not happy.

In other words, no matter what happens in our life, most of us have an excuse for avoiding responsibility for it!

The problem is this:

***If you let Life happen to you, you won't have any control over it.***

Right now, you may *think* that you don't have any control over what's going on in your life, especially when it comes to your relationship.



You may even be feeling that your entire life exists to *thwart* you from getting what you want!

Besides, when you look at other people and see how easily they got the job of their dreams ... the house of their dreams ... the mate of their dreams, you find yourself thinking bitterly, "Why does it have to be so hard for *me*?"

There's a reason that your life seems hard, and I'll tell you exactly what it is:

**When things are hard in your life,  
it's because there's a *lesson* you need to learn.**

Every challenge, every difficulty, and every obstacle exists *simply* to teach you how to overcome it.

Once you learn how to overcome a particular challenge, it's not difficult anymore. You can face that old challenge again and again without batting an eye, because you know what to do to solve it.

In other words, once you've learned the lesson, you'll see that "mountain" as a mere bump in the road!

Right now, *commitment* might feel like your "mountain." The path from first date to soul mate may seem so rocky and difficult that you're almost tempted to tell yourself that it's impossible, no one will ever want you, and you're going to end up single forever.

Do *you* feel like getting more commitment in your relationship is a challenge on the scale of climbing Mount Everest?

Do you feel like no matter *what* you do, you're not going to get the kind of relationship you want, because the world's against you?

If you answered yes, I'll let you in on a secret...

*That's your Inner Victim thinking, not your Inner Creator.*

When you listen to the voice of your Inner Victim, you find yourself feeling more and more helpless. You'll feel less and less capable of getting anything you want. You'll feel less and less *worthy* of a good life.

You can *choose* to listen to the voice of your Inner Creator instead.

The voice of your Inner Creator asks you questions like:

- “What can I do to get around this problem?”
- “What’s another option that would be acceptable to me?”
- “What’s another way of thinking about this situation that can make me see the bright side?”
- “How can I make this into an opportunity rather than a disappointment?”

You see, the Creator is interested in discovering positive actions you can take in *any* situation to help you achieve the results you want.

People who are successful in business know how to differentiate the voice of their Inner Victim from their Inner Creator. When their business is hundreds of thousands of dollars in debt and the market seems on a downward slide, they don’t sit at their desk and sob, “Woe is me!” Instead, they sit down with a trusted group of advisors and ask, “What can we do to improve our cash flow?” They consider *every* possible option, including the ones that they don’t want to hear – like selling off parts of their business.

People who are successful in relationships are also keenly attuned to the voice of their Inner Creator. When their relationship seems to be on a downward slide and a breakup is imminent, they don’t think to themselves, “Nothing *ever* works out right! No one will ever love me. Woe is me!” Instead, they ask themselves the hard question: “What can I do right now to turn this relationship around?” If one of the options is to exit the relationship, then they consider breaking up – even if it’s painful to contemplate.

**You *choose* how you will respond to everything that happens to you.**

If your choice is to throw a pity party for yourself and think, “No one will ever love me, nothing ever turns out right, I’m going to be single forever,” *that’s your choice*. But it’s certainly not a very empowering one.

**An empowering choice is one that involves *doing something proactive*.** For example, if you’re struggling with problems in your relationship, you may decide to sit down with your partner and talk about what’s going on and how you’re feeling. That’s a *proactive* decision.

On the other hand, you *could* decide to go out for coffee with friends and tell them all about the problems you’re experiencing and how horrible your partner is. You know that they’ll sympathize with you and agree with everything you said and make you feel better. But is that *proactive*? Is that getting you closer to the results you want? Or is it just making you feel temporarily better?



We live in a feel-good culture where many of us expect positive things to just come to us without any effort. Unfortunately, that isn't how it works. People who experience lots of positive things in their life *attract* their successes by being attuned to their Inner Creator. They're always looking for opportunities and ways to turn negative situations into positive ones.

One of my favorite books I've read recently is Richard Branson's *Screw It, Let's Do It: Lessons In Life*. He explains how successful people face just as many challenges as everyone else – the difference is in how they *face* those challenges.

**Successful people take 100% responsibility for everything in their life.** They don't expect easy solutions to be handed to them on a platter. Nevertheless, they have faith that there is a solution or a way around every problem, and they work hard until they achieve the results they want.

What interests me is that many people can understand this concept when it comes to business, but they find a hard time applying it to their *personal* lives.

Can *you* take 100% responsibility for everything that's going on in your love life, and not blame anyone else for how things have turned out?

Do you have faith that there is a solution or a way around any problem that you may face in your love life?

Are you willing to work hard at improving your relationship skills until you achieve the results you want in your love life?

If you answered yes to *any* of these questions, then congratulations! You already know how to attune yourself to the voice of your Inner Creator, and that voice will never lead you astray.

Your Inner Creator knows that you *can* create the relationship of your dreams. Your Inner Creator knows that you already have everything you need to achieve anything you want. All that's standing between you and your goals is...

...*yourself*.

## ***We Get What We Ask For - Which Isn't Always What We Want***

Once we accept 100% responsibility for our lives, we have to ask ourselves the question: "How did I get myself into this situation?"

When you look objectively at your love life, you often find that you played a larger role in getting what you *didn't* want than you thought.

For example, one client of mine was always chasing "bad boys." She came to me complaining that she never seemed to be able to meet anyone interested in settling down, and that all the men she dated were jerks. But that was *exactly* the type of person that she herself admitted she was attracted to! She was hooked on the excitement of a bad boy, and their very resistance to commitment was part of the attraction. If she wanted a nice guy to settle down with, she was going to have to start dating a different kind of guy.

Another client was upset: she'd fallen hopelessly in love with her boyfriend of six months, but he'd never mentioned moving in or having a future together. But when I questioned her further, I found out that she'd told him right from the start that she was just in it to have fun and wasn't into anything serious. That suited him perfectly, as he was in the same place. How was he supposed to know that she didn't really mean it – that she'd only said it because she thought that would make him more attracted to her? She'd asked for a casual, fun relationship, and that was exactly what she got.

You should challenge yourself – as I challenged my clients – to take a look at how you actually behaved and what you actually said to get you where you're at now. You may find that you're being given exactly what you asked for (even if it's not what you actually *wanted*).

One way to avoid being given what you *don't* want is to **get really, really clear about what you *do* want** and **always act in accordance with your goals at all times.**





## **Now That's a Realization... Commitment May Be Less About What You Can Make Others Do And More About You Being Clear About What You Want And Acting In Accordance With Your Goals.**

In fact, this stuff is so powerful if you managed to master this concept, you could apply it to virtually ANY and EVERY area of your life. Imagine there was a system that helped you develop clear vision and goals, and exercises that helped keep you committed to your goals, to your family, to your career, to your life plan, and most importantly, to a relationship.

Too many of us take the easy path and blame others for the lack of commitment in our lives without realizing that the most powerful part of this process is where it starts in you.

If you were able to understand commitment, its stages, what it means to you and your partner, and how to develop the right mindset for commitment, the path to achieving commitment in your life would seem a lot less vague. Imagine being able to:

- put an end to unfulfilling situations and relationships
- take things to the next level of commitment without screwing it up
- put an end to the self-destructive patterns of your past bad relationships
- really learn about how to become the kind of person that you want to attract

Then it's no surprise to you that I have developed a course that's going to do all this plus much more!

The special report you just read is a sample chapter from my course "Connect and Commit – Taking Things to the Next Level of Commitment."

You see, commitment doesn't have to be something you wish for, or something you try to make your partner have. Any courses that tell you that simply don't understand that any meaningful transformation in life or relationships has to start with you.

You see, I really want you to understand that in order to attract or create the committed relationship of your dreams, it all needs to start with an understanding of what commitment is.

It's much more than some vague, idealistic state of mind where you don't really understand what is required of you. Understanding and developing commitment, when done properly, can bring you commitment and relationship success you only dreamed was possible.



And what better way to understand and develop commitment than with one of the most comprehensive courses you have ever seen?

“Connect and Commit includes:

- A 330+ page ebook that has all the secrets and exercises you need to create and maintain a loving, affectionate, and long lasting relationship.
- An audio edition of the book so you can listen to it on your computer, iPod, or even burn to CD. Over 9 hours of life-changing commitment coaching!
- Audio interviews with some of the world’s foremost dating and relationships experts about different aspects of commitment and how to develop it in your life.

After all, that’s why you are here. Central to your happiness and life success is the security and support of a loving, committed relationship. And that’s exactly what I set out to achieve.

If you have always wanted more commitment in your relationships and your life, the answer is as simple as checking out what this course can do for you.

<http://www.meetyoursweet.com/commitment/>

Plus, once you get started, it’s really going to change your perception about love and relationship success forever.

Kind regards,

Amy Waterman

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P.S. Again, why have the uncertainty of not really knowing what commitment is or what it takes to achieve a committed relationship. Put an end to unfulfilling relationships and disappointments in love by getting my course. Let me be your commitment coach.

<http://www.meetyoursweet.com/commitment/>