

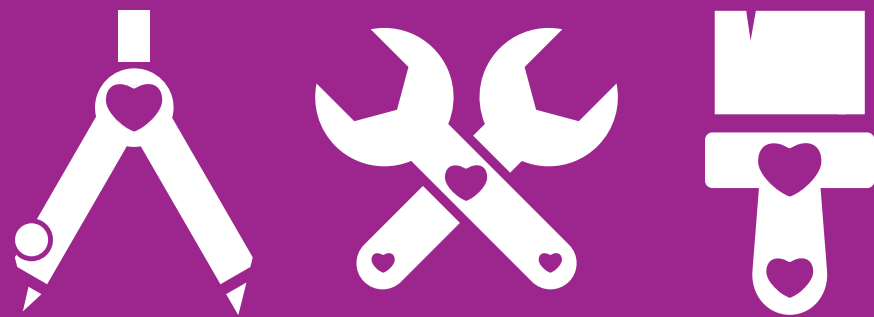
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# THE COMMITMENT SCALE

When I first heard the statement that we only know ourselves in relationship and not in isolation or abstraction, it didn't really make sense to me to be honest.

Over the years though, as I've watched myself and others in relationships, and seen how we all change once we're inside those relationships, I've seen the light.

You're a different person when you're involved to who you think you are when you're alone. Completely different.

When you're on your own, it's easy to convince yourself that you do or don't have certain characteristics, and without anyone there to contradict you, you can pull the wool over your own eyes very effectively.

Once you're living with someone though, and you have to compromise and adjust and tweak and be flexible and considerate, it's a whole other kettle of fish entirely.

In the most extreme of cases, you know that screaming, nearly bald lunatic you turn into when you visit with family? That's a much more honest representation of you than what you convince yourself you are alone in your apartment.

This scale can help you get an idea of where you – and potentially your partner – stand on the commitment issue. In other words, how committed are you guys?

The scale includes beliefs and extremes, so that you can also get an idea of where your normal lies.

I know that psychologists aren't going to like the extremes of the scales, and mostly they go outside the norm of what we have been trained to accept in media, but don't judge.

You are where you are and you are who you are. There's no report card after life – you're here to be happy and express who you are.

At the same time, understanding yourself is also about accepting where you are so that you can change it if you want to. At the end of the day, the rule always applies that it really is only a problem if it's a problem for you.

I know one couple that really is on the I'll haunt you, stalk you, I can't breathe without you, possessive end of the commitment scale – and I've never seen a couple more happy and in love.

Both partners feel that way, both express it openly and both agree there's no point to being alive if the other dies.

It may be extreme, but they're happy – really, deliriously happy. And isn't that what we're all working towards at the end of the day?

We all have our own special level of dysfunctional, and accepting yourself is a big part of loving yourself. It also means accepting the bits that you don't necessarily agree with or like.

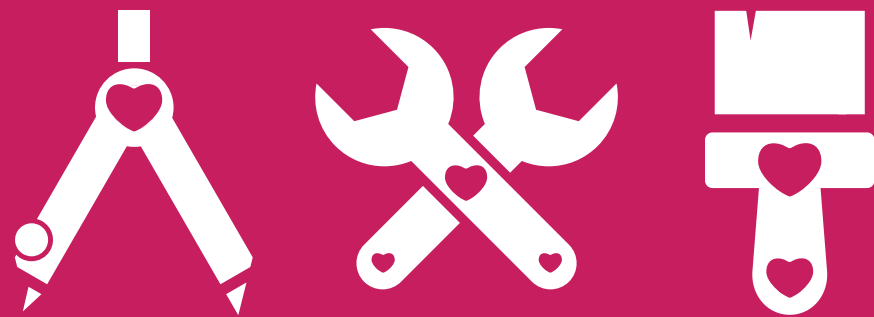
So stop judging and lose the whip – or at least get one you can both enjoy in the bedroom :)



Level of Commitment	Belief System	Levels of Aloneness	Levels of Connection	Fight Style	Exercises to Try
Till death do us part – whose death is still negotiable	If you leave me I'll stalk you, if you date someone after I die I'll haunt you and them	I can't breathe if I'm alone; we're only separated if we have to be	Overly bonded and connected with high levels of possessiveness and jealousy	You can assume I always intend for us to come out of anything together; we are first always	You'll enjoy energy and sex-based exercises for intimacy building and growing your energetic connection.
Breaking up is not something we'll ever consider	I fully intend to make my 50th wedding anniversary with ease	We rarely go anywhere alone but do have rare time apart, usually not unless necessary	Strong, healthy connection and bond	You have my full loyalty and trust and I will compromise most things for us	You'll also enjoy trust building exercises like sharing fantasies, extended cuddle, synchronized breathing and eye gazing.
Breaking up is not a likely option	I'd be the most surprised person if I ever got divorced	We can spend time apart if we need to but prefer to spend all our time together	Strong, healthy connection and bond	My intention is to stay with you and grow and I'm willing to compromise for that to happen	Do gratitude exercises alone and together, ask each other coaching questions and look at implementing groundrules or a 48-hour rule. Share secrets and fantasies but go slow and take time to build up trust.
In this, but we can split	I'm pragmatic – divorce is always an option. Doesn't everybody get divorced?	Connected and committed – rarely ever lonely or alone, unless by choice	Growing connection and commitment	My needs as an individual are equally as important as those of the we	Avoid deeply trust building exercises like trust falls and energy bonding exercises – only ever do those when it's totally mutual.
Exclusive	Forward-looking and hopeful that this may work	Alone sometimes; lonely at times; seeking connection and commitment and companionship	Tentative connection and commitment	My needs as an individual will almost always trump those of the relationship	If you're a person at this level, or in love with someone at this level, then the work you need to do is on yourself.
Dating	There has to be at least one person like me out there; what if there's no one for me?	Alone and lonely fairly often; aware of the contrast that creates the desire for a relationship	Actively seeking connection and commitment	Willing to compromise: may be willing to say anything to secure relationship	You can adapt and adjust all of the relationship exercises or processes, doing them on your own to build your own self worth or doing them with your imaginary future partner, as a way of placing your focus daily and drawing and manifesting that person into your life.
Single	Mr or Mrs Right is out there... just not right now	I spend most of my time alone or with friends; I'm still young	Open to connection if it happens, but not seeking commitment	Look out for Number One	
Messing around	Another one for the black book	Levels of suffocation are determined person to person; threshold is low	Mostly disconnected and not open to commitment; levels of suspicion high	Willing to manipulate and lie to achieve own ends	
Total playa	Next!	You could suffocate me if you could get me to stand still long enough	Almost entirely disconnected, closed to commitment; only it for the self	What's in it for me?	
Confirmed bachelor or spinster	Are you still talking to me?	I get suffocated easily	Completely disconnected and entirely closed to commitment because of various issues	You have to look out for yourself in this cruel, evil world	



# categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
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- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
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- Manifestation
- Mental Exercises
- Physical Spaces
- Relationship Rehab
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- Mudras
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