



By Kimberly Englot

Identifying Unconscious Commitments: What is keeping you stuck?

Your life is the exact result of your choices. Every single choice you have made results in the life you have now. When you continually make choices that are in conflict with what you think and say you want, you have a problem and the only way to get out of this is to reveal the reason for this disparity.

The problem lies in the fact that the choices you are making may not be aligned with what you actually want.

And underlying comment (you could also call it a core belief) is an unconscious choice you made in the past and at one time it worked for you. You've unconsciously made a commitment to continue with that choice because it's familiar, so in a way, it is still working for you.

You say that you want a happy, relaxed and intimate relationship. But you have a stronger, unconscious (underlying commitment) to stay "safe" and comfortable, so you protect yourself from rejection and remain single.

Because underlying commitments are unconscious the best thing you can do to change them is to start being aware of them. Journal what your life looks like now and compare it to what you want your life to look like. What kind of decisions are you making to get the results that you currently have? Look for the patterns to expose the underlying commitments. They likely relate to comfort and safety or security and might look something like: *I want to protect myself from fear. I want to protect myself from the unknown. I want to protect myself from rejection. I prefer to be alone.*

Underlying commitments are much stronger than your conscious will. That's why there is a difference between what you want and what you have. Once you identify the underlying commitment, you limit its power and you can begin to free yourself: the truth will set you free!

The past does not equal the future, when you're aware of these self-sabotaging beliefs you can start to make fully conscious and empowered choices!

For more information on this topic check out [The Right Questions](#) by Debbie Ford.



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