

## Commitment Exercise

1. I commit to my own growth and healing first by taking full responsibility for my own actions and words.
2. I commit to hearing you and finding the truths in what you offer.
3. I commit to staying in the process, knowing it is for my own growth and character.
4. I commit to offering any criticism/observation with compassion and awareness.
5. I commit to being open to exploration regarding our beliefs, especially when they differ.
6. I commit to working on and eradicating the misguided teachings of separation, prejudice, misuse of power and control and any bias of any kind toward gender, life-style choices, nationality, age or religious differences.
7. I commit to the growth of my character, my spiritual awareness' and my values.
8. I commit to honoring each of us as both teacher and student.
9. I commit creating and having fun in our relationship.
10. I commit to being your *person* in all things at all times with great joy.
11. (Fill in your personal requests here)
12. (Fill in your personal requests here)

Signature \_\_\_\_\_ Date \_\_\_\_\_