

Conscious commitment begins the process of positive change and relational and organizational resolution. We define commitment using its Latin origin, *committere*, which means to gather one's energy and move it in a chosen direction. Using this definition, we view commitment as an energetic experience and not a moral issue. We invite you to embrace these 15 commitments as your entry-gate into a life free of victimhood. Following each commitment is what we call a "counter-commitment." A "counter-commitment" often reflects the way we have been showing up in the current situation, either consciously or unconsciously.

1. I commit to taking full **responsibility** for the circumstances of my life, and my physical, emotional, mental and spiritual wellbeing. I commit to support others to take full responsibility for their lives.
I commit to **blaming** others and myself for what is wrong in the world. I commit to being a victim, villain, or a hero and taking more or less than 100% responsibility.
2. I commit to growing in self-awareness. I commit to regarding every interaction as an opportunity to learn. I commit to **curiosity** as a path to rapid learning.
I commit to being right and to seeing this situation as something that is happening to me. I commit to being **defensive** especially when I am certain that I am RIGHT.
3. I commit to seeing all people and circumstances as **allies** that are perfectly suited to help me learn the most important things for my growth.
I commit to seeing other people and circumstances as **obstacles** and impediments to getting what I want.
4. I commit to the masterful practice of **integrity**, including acknowledging all key feelings, expressing the unarguable truth and keeping my agreements.
I commit to withholding, not feeling, living in **incompletion**, and being right about my story.
5. I commit to feeling my **feelings** all the way through to completion. They come, and I locate them in my body then move, breathe and vocalize them so they release all the way through.
I commit to **resisting**, judging and apologizing for my feelings. I withhold, avoid, and repress them, contracting into fear or solidity.
6. I commit to saying what is true for me. I commit to being a person to whom others can express themselves with **candor**.
I commit to **withholding** my truth (facts, feelings, things I imagine) and speaking in a way that allows me to try to manipulate an outcome. I commit to not listening to the other person.
7. I commit to end gossip, to **talk directly** to people with whom I have an issue or concern and to encourage others to talk directly to people with whom they have an issue or concern.
I commit to saying things about people that I have not or will not say to them. I commit to talking about people in ways I wouldn't if they were there. I commit to listening to others when they **gossip**.
8. I commit to living in **appreciation**, both fully opening to receiving and giving appreciation.
I commit to feeling **entitled** to "what's mine," resenting when it's not acknowledged in the way I want.
9. I commit to creating a life of **play**, fun, ease, improvisation, and laughter. I commit to seeing all of life unfold easefully and effortlessly.
I commit to seeing my life as **serious**; it requires hard work, effort and struggle. I see play, fun and laughter as a distraction from effectiveness and efficiency.
10. I commit to fully expressing my human potential, and to supporting and inspiring others to fully express their creativity and live in their zone of **genius**.
I commit to holding myself back and not realizing my full potential by living in areas of incompetence, competence and even **excellence**.
11. I commit to living from the belief that I have **enough** of everything... including time, money, love, energy, space, resources, etc.
I commit to a **scarcity** mentality choosing to see that there is "not enough" for me and others in the world and therefore I have to be conscious of making sure I get and preserve what is "mine."
12. I commit to being the **source** of my **security, control and approval**.
I commit to believing that my safety **depends on others** - how they behave, feel, and express themselves. I commit to rigid confidentiality to control what other people think of me, and to protect my security... financial, emotional, reputational, etc
13. I commit to creating a **win for all**, (win for me; win for the other person; win for the organization, and win for the whole) solutions for whatever issues, problems, concerns, or opportunities life gives me.
I commit to seeing life as a zero-sum game, creating **win/lose** solutions for whatever issues, problems, concerns, or opportunities life gives me.
14. I commit to **being the resolution** or solution that is needed: seeing what is missing in the world as an invitation to become that which is required.
I commit to reacting to the needs of the world with **apathy or resentment** and doing nothing or assigning responsibility to others.
15. I commit to seeing that the **opposite of my story** is as true or truer than my original story. The source of interpretation is in me.
I commit to **believing my stories** and the meaning I give them as the truth.