

Commitment: Exercising Freewill

We are at the point in the design process for potential change where it is important for you to pull together all the ingredients from time, energy, and cost to complete your desired change process design. This is your design for change, so determine now what you want to change, if anything, and what you want to leave alone or alone for now.

Here are the changes I desire to make in my life and me at this time:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

(Use the other side if more space is required)

Next we want to examine your capacity for change. Change is hard! Under the best of circumstances it is not easy. We all desire change, but usually find it difficult to do so. What seems to limit our ability to change is capacity and commitment. Capacity means do I currently have the resources to make the necessary changes. I may want to change but literally be unable to do so. For example: I may want to go to school but not have the money. Or I may want to run a marathon but not have the physical ability due to a handicap. Therefore, in addition to counting the cost and putting forth the effort, we need to be certain we have the capacity to change the things we desire to change, or we will certainly set ourselves up for failure.

Next, from your Design for Potential Change lists, examine the items you have identified for potential change and do a capacity analysis.

1. Which items do I know I could change given the time, money, energy or effort, and commitment? Items # _____
2. Which items do I know at this time I do not have the capacity to change even if I had the time, money, energy, and commitment? Items # _____
3. Which items am I not sure I can change? Items # _____
4. Which items that I do not believe I can change at this time due to either lack of capacity in #2 or uncertainty in #3 I know for certain I could change if my life depended on it? Items # _____
5. Which items from #2 and #3 above I know I can't change even if my life depended on it? Items# _____
6. Now which items are left from #1 and #4 as items I could change if my life depended on it and I wanted to? Items# _____
7. As I consider the items from #6, these are the items I desire or am willing to change at this time: Items# _____

Number 7 above identifies the items that I could make a commitment to change if I wanted to. Here, we enter into the territory of freewill. Do you really want to change? I know you have spent a lot of effort, time, and perhaps money reaching this point, or you wouldn't be here. You have also asked and answered the capacity question, so you have no excuses about your ability to change. Therefore, all that is left is to make a commitment to change and create and implement your Change Plan. Do you want to or are you ready to make any changes in your life at this time? If you are, we can move on to a Commitment Contract. If you are not ready, that is not the end of the world. You would be better off waiting until you are ready then to proceed before you are. What do you want to do?

- ❖ I want to proceed with a Commitment to Change Contract. Yes ____ No ____
- ❖ I want to wait until I am ready. I am not ready at this time. Yes ____ No ____
- ❖ There are a few things I need to do first before I am ready to proceed. Please explain: For example, I don't have the money yet. I will have more time in the fall. With all I have going on in my life right now, I don't need any more stress or pressure. I am not sure I really want to make any changes. There are a few things we need to work on first or I want to go over with you first before making any type of commitment to change.

- ❖ *If you answered YES to the first question above, we are ready to proceed. Otherwise we need to stop at this point and either wait until you are ready, or help you to get ready. Let's wait. Yes _____ No _____*
- ❖ *Are you ready to sign a Commitment to Change Contract? Yes _____ No _____*

If you are ready to proceed with a Commitment to Change Contract, this will become a final piece in the design process that locks us in to the changes you will be making. A Commitment to Change Contract is not a legal document in that sense of the word; however, it is even more binding and significant if it becomes a covenant or promise between you and God. Your counselor's role is to act only as your accountability partner. The promise to change is your responsibility for which God and your conscience alone will hold you and you accountable. If you are not willing to do and follow through on the courage of your convictions, those things you now purpose in your heart to do before God and man don't do it!

Here are the items I want in my Commitment to Change Contract.

1. MY FIRST ITEM I WANT TO CHANGE IS:

I feel it will take this much energy or effort for me to do this or make this change (quantify the energy required) For example: I will need this much extra sleep.

I think it will take me this long or this much time to make this change. For example: I will need at least 3 months to accomplish this desired goal for my life.

I believe it will cost me this much money or sacrifice to reach this goal (calculate the cost in either dollars or cents or in some other measurable way) For example: I will have to invest \$500 in the materials I need to bring about this goal.

I am willing to make the above investment in energy, time and money (or other resources) to reach this goal and make the changes this item requires.

Your signature

Witnessed by

Date of Commitment

2. MY SECOND ITEM I WANT TO CHANGE IS:

❖ *Energy required*

❖ *Time required*

❖ *Money required*

❖ *Willingness to change*

Signature _____ *Witness*

Date

3. My third item I want to change is:

❖ Energy required

❖ Time required

❖ Money required

❖ Willingness to change

Signature Witness Date

4. My fourth item I want to change is:

❖ Energy required

❖ Time required

❖ Money required

❖ Willingness to change

Signature Witness Date

5. My fifth item I want to change is:

❖ Energy required

❖ Time required

❖ Money required

❖ Willingness to change

Signature Witness Date

6. My sixth item I want to change is:

❖ Energy required

❖ Time required

❖ Money required

❖ Willingness to change

Signature Witness Date

(Duplicate this sheet as many times as is necessary to include all the items you want to change) designed 3/22/01 dlb

IMPLEMENTATION PROCESS AND PLAN

As you consider the items from your Commitment to Change Contract, are there items you prefer to start with first? Some items require more energy than others and can be more costly and time consuming so even though you have indicated your willingness, readiness, and commitment to change, you may want to start with one or two items first to see how you are doing. Sometimes it is better to start with an easier item or two to get the change process under way and feel we are accomplishing something and sometimes it is better to get the big thing out of the way first. As you examine your desired items from your Commitment to Change Contract, where do you want to start?

❖ *I want to start with item # _____ which is*

❖ *My desired starting date is _____.*

❖ *My target or goal date to realize my change is _____.*

❖ *In addition I want to work on this/these other items # _____.*

❖ *My starting and goal dates for each of these are _____ for item # _____ and _____ for item # _____ and _____ for item # _____ (continue on the back side as needed).*

❖ *I would be willing to be held accountable by (name the person) _____ and _____ as well as _____.*

❖ *I am or have asked them to participate in holding me accountable by both reviewing my change plan as well as following my implementation progress on (the date you asked them) _____.*

❖ *I will meet with each of my accountability partners on (name days, dates, and times, be specific) _____; _____; _____.*

❖ *I will continue to meet with my counselor on these dates and times for review, support, and necessary implementation changes _____.*

My implementation plan for item number one is as follows:

❖ *First I will pray and seek God's will and guidance to be certain this is what He wants me to do at this time.*

❖ *Second I will ask my counselor and my accountability partners to pray so they can be certain, in agreement, and an encouragement to me in this process.*

❖ *Next I will begin the process itself by*

❖ *Followed by*

❖ *(Continue to list as many steps as needed on the back side)*

