

The Phobia of Commitments and Making Decisions

**Addendum Worksheet
for Episode 264**

The Overwhelmed Brain

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Introduction

Fear of commitment and making decisions will slow you down like mud. If you ever wondered why things don't go your way, it may be because the world is working without you and you are just along for the ride. Being able to make decisions and commit to those decisions puts you back in the driver's seat of your life.

This worksheet is meant to accompany episode 264 released on 9/16/2018 called *The Phobia of Commitments and Making Decisions*. It contains questions that are designed to help you determine the foundation of commitment phobia and tackle the fears of decision making.

Not only that, you may even find yourself a confident decision maker with some practice.

The questions will help you gain clarity and new understandings of your decision making abilities so that you can gain control of your fears and perhaps eliminate them altogether.

If you read a question and it opens something up for you, and you need time to process it, stop working on this worksheet and come back to it at a later time. When something 'opens up', that is the best time to be with yourself. You can also share your discoveries and any new understandings with a trusted and safe person.

The Process

You'll be asked to think of a decision you froze on or had a lot of trouble making. You can think of commitments you were afraid to step into as well. Just go into the emotional space you're in when you fear making a decision or taking the step into a commitment. Then answer the questions the best you can.

There is no right or wrong answer.

Don't automatically discount questions that sound silly or obvious. Those can sometimes reveal what's under the surface. Sometimes we don't know how deep our problems are until we face questions we never really think about.

Feel free to print the worksheets or use a word processor to answer the questions.

Don't filter any of your responses. Every response is what's in you and as you write them out, you may connect with other areas of your mind that could provide more insight.

Are you ready?

Think of a decision you had a lot of trouble making. Get really clear about what it is in your mind. Imagine you are in the middle of that decision right now and you *have* to make it right now.

1. **What will you lose if you commit to this decision?**

2. **What specifically stops you from committing to this decision?**

3. **What would need to exist so that you could absolutely commit to this decision 100%?**

4. **Thinking back to number 1 about what you'd lose by committing to this decision, if you had *no choice* but to accept that loss, and knew you'd never be able to get back what you lost no matter what, would that be something you could live with? Would you be okay with that decision then?**

5. **A. If you knew you had a week to live, would you be able to commit to the decision then? Does the amount of time you have left to live factor in to your fear of committing?**

B. If you knew you had a month left to live, would you be able to commit to the decision then? A year?

6. **What would make you happier overall:
A lifetime of short, unfulfilling situations that you feared committing to?
Or a long, happy commitment that you could choose to end at any time?**

7. **A. Let's say you had to commit to this decision because you had no choice. What would make it worse?**

B. What would make it even worse than that? And worse than *that*?

Take any fears you have to the limit. This will help you discover what's driving the fear at the deepest level.

8. **What makes you so special to think you could have anything else? If you fear committing to this decision, do you believe you are entitled to have more opportunities to make other decisions?**

This question isn't designed to make you feel bad, its purpose is to humble you and help you make sure you are not overvaluing yourself or getting a sense of entitlement. Both of these can lead to an indecisive or fearful state (i.e. 'there is always more so why decide now?').

9. **When was the *first* time you felt trapped or locked into a decision that you could not change? What was going on in your life then? Can you recall your earliest memory of feeling like you couldn't get out of a situation and had no choice but to stay in it?**

10. **What's present when you're happy that's missing when you're making decisions you're afraid to make?**

11. **What's *missing* when you're happy that's *present* when you're making decisions you're afraid to make?**

12. **If you could make any decision you want, regardless of the consequences, what decision would you make then?**

13. **What would you decide if you knew there were going to be no negative consequences?**

Final Words

Start making small decisions and sticking to them. If you are looking at a menu at a restaurant, find something you like then *stop* looking. Make one choice then close out your other options by shutting the menu. If you happen to order something you don't like, that decision will reinforce the best right decision next time.

If you are going to the movies, make the decision on which movie you are going to see and stick to it, *even if you change your mind later.*

This is just a start, but it will help you get yourself used to making good *and* bad decisions. You need to paint your path as one riddled with both good and bad decisions so that as you make the bad ones, you learn fast and realize what you like and don't like.

This way of decision making helps you pave the path to becoming more confident in your decision making, and also helps you realize that you can fail and *still be fine.*

Making good and bad decisions starts to build your boundaries and reinforce your values.

Committing to a relationship needs to be based on how you feel *today*. If that person is in alignment with your values, honors your boundaries, and respects you, then don't jump into fear of what they might become or fear that you may find someone better, see what you see today and base your decision on that.

People *do* change and it's quite possible the relationship you commit to will change, but if there are changes you or your partner go through, you bring them up for discussion. You need to give yourself the choice to re-evaluate the relationship and talk about what you're experiencing. Work on those hard to express thoughts and emotions so you actually express them.

The commitment-phobe is the one who fears making a decision *just in case*. However, even if you base all your fears on "just in case", you can *still* give yourself the option to re-evaluate your commitment and make another decision. It's not that you have to change your mind or leave the situation, it's that you have the *choice* to do so if you want to. Having that choice takes away the fear. When there's no fear, you make decisions more easily and live life without the stress of "what if?"

If instead you take away the option of choice, you add resistance to your life. In other words, if you convince yourself that you will always be locked in to your decisions, you will feel fear and resistance. That resistance makes you believe you are being forced to decide.

No one wants to feel like they are being forced to make a decision.

You take away that bad feeling of thinking you have to commit forever and transform it into the feeling that you can change your mind anytime. It's like knowing you can quit your job at any time because you can get another one easily. Knowing you can quit makes your current job more enjoyable because you get to be yourself.

That's the solution of getting over your fear of commitments: Be yourself. Speak up for what you do and don't like and have the important conversations that convey what's really on your mind.

It's when you don't honor yourself and speak up when you want to speak up where you feel stuck, as if you've made decisions you can never change.

You can always change your mind, that is your right. You may feel as if you will be stuck, and there are circumstances that would certainly seem to match that sentiment, but make sure you always keep in mind that you do have the option of changing your mind. And at minimum, stating what's *on* your mind.

When you know you can speak up for yourself, then it's not a matter of feeling stuck with what you got, it's a matter of feeling free to speak up or leave whenever you want. It doesn't mean you will, it just means you can. And that's the feeling that makes you more confident in every decision you make.

I hope this has been educational for you, and you are able to improve in all areas of your life.

Other TOB resources on Decision Making:

[http://traffic.libsyn.com/theoverwhelmedbrain/202 - See me Judge me -](http://traffic.libsyn.com/theoverwhelmedbrain/202_-_See_me_Judge_me_-_Is_your_opinion_really_that_important_-_Stop_Oversharing_-_What_is_No_Contact_.mp3)

[_Is your opinion really that important - Stop Oversharing - What is No Contact .mp3](#)

<https://theoverwhelmedbrain.com/trusting-your-gut-can-you-reconcile-with-someone-youve-hurt-making-decisions-easier/>

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