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## LESSON D

### Commitment

**FOCUS:** To be related is to be committed to the welfare of others. However, since our relationships are different, our commitment within each relationship varies. Nevertheless, we are committed and we are either being true to that commitment or not. In addition, one need not be concerned with the commitment others have to us, rather we should be concerned about fulfilling the commitment we have to others.

### ACTIVITIES:

1. Have students rate themselves individually on how ready they are to honor and accept commitments. This rating scale includes commitments to job, financial responsibility, daily routines, and other people. Use Student Handout, "Commitment " and/or Teacher Information, "How Ready Am I?"
2. As a class, share feelings...
  - ... about the value of friendship and relationships in an independent living situation.
  - ...about the level of commitment to maintain relationships.Try using a "Circular Response" format.

## Commitment is Part of Relationships

All relationships involve some sort of commitment. Below is an exercise to help you assess how ready you are to be committed to another person. On a scale of 1 to 10, with 1 being the "least ready", rate yourself on how ready you are to accept and honor each commitment. Place an X on the appropriate location on each continuum. Think about each statement before going on to the next one.

### How Ready Am I

1. How ready am I to get a job?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10
2. How ready am I to have a checking account?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10
3. How ready am I to take care of my own clothes?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10
4. How ready am I to make my own meals?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10
5. How ready am I to buy my own groceries?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10
6. How ready am I to have a charge account?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10
7. How ready am I to "settle" down with one person for the rest of my life?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10
8. How ready am I to support a family?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10
9. How ready am I to care for a child, day and night, for at least 18 years?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10
10. How ready am I to make all of my own decisions and live with them?  
1 \_\_\_\_\_ 5 \_\_\_\_\_ 10

We've explored several concepts about relationships—the various types, the importance of relationship to ourselves, the qualities of friendship, the value of learning skills that enhance communication and provide an avenue for resolving conflict, and what commitment means in a relationship. In the space below, write your feelings about the value of friendship and relationships in your own life and evaluate whether you have been true to the commitment in those relationships.



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