



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Fear of Commitment

Fear of Commitment

We're all having a relationship with everything around us. Right from our connection with the **energies** and the objects that we use, the people we meet, our families, it's all connected. We've may or may not have had moments where we've felt extreme forms of love. We may not have received the same kind of love that we were so eager to share. We've all had different experiences.

Some relationships have brought us immense joy, while others moments of pain. You may have wanted the joyful ones to last forever. Everything seemed beautiful. Yet, it did not end up being a '**happily-ever-after**'. Possibly, you may not have made the attempt to make it last. Something held you back. You've repeated this pattern. **Again and again.** Finding love, only to lose it again. Your non-committal attitude pushed everyone away. **Your friends, partner, everyone.**

We, humans, are **interesting creatures**. We do funny things despite knowing what is best for us.

In the realm of intimate relations, you might have often found yourself thinking, "why am I afraid to commit myself?" Today, we are here to understand this fear and to **release it from your tight grasp**.

Sometimes, couples throw away something they have beautifully built and created as well as invested time in it, only to regret it later. Others may feel they are not ready for the next step. The fear of commitment happens when you feel yourself break into a sweat every time you hear the word, 'commitment' and everything associated with it. You want to enjoy the joys of the relationship without any strings attached. Knowing fully well, **as you sow, so shall you reap**. Does that resonate somewhere? Why are you feeling this way? **You attracted it to yourself.**

Perhaps, you enjoy the thrill of the chase. This chase is enjoyable only because you feel being desirable is enticing. Has it helped you? You know the answer. Or, you are probably too focused on your own priorities and goals. You have no time for relationships that require commitment. That's too much work? **Actually not.** A great relationship is building up each other and supporting each in life for career and personal goals. This should happen harmoniously. It should be as easy as breathing, one where you do not feel the need to 'make extra time' to love because it blends so well in your daily life. Or, you may be **afraid to commit** due to fear of rejection or loss of your freedom. You think commitment indeed means loss of freedom. This is something you have derived from your own conclusions.

Your reasons may be many - these could be associated with your past, traumas, failed relationships and things that revolve in your subconscious mind telling you that the **same thing will repeat itself**. And, it does. Because you haven't corrected this pattern of thinking.

I've worked with many clients who have felt regret for not making the change they wanted to see in their lives. I've changed their **focus on the now**. I've helped them **close to the doors** to those negative thoughts that were firmly planted in their mind.