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## My commitment

### I am committed to ....

*eg. take 1h daily spare time that I keep free from to do's and keep really free and 0,5 day in the weekend*

2

## What am I doing/not doing to keep me from my commitment

### What do you do, but should not be doing and prevents you from fulfilling your commitment (sabotage through action)

*eg. I clean the house, I walk the dog, I do errands ... I fill that time with little chores*

### What are the things I should be doing to fulfil my commitment, but I am not doing them yet (sabotage by neglect)

*eg. I should really block that time and block time to clean, run errands, walk the dog at another time, make real surplus time*

### How do I feel when I do each of these, what does the story in my head say to me, how do I judge myself for this

*eg. By keeping busy, I feel I take a responsibility towards my family, if I take time filled with nothing, it is as if I prioritise idleness over taking my responsibility as a mother*

## Hidden, competing commitments

### I try hard to avoid being seen as ...

*Eg. Being seen as someone idle, not always working hard and doing her best. I try to please and get recognition, I try to be irreproachable. I work hard to avoid getting the reproach that I have not done everything I could before thinking of myself and taking idle time*

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## Big assumption

### I assume that if I take this time I will ....

*Eg. If I fail to be seen as someone doing her utmost and taking her full responsibility, I will be judged as not worthy, not good enough, egoistic and then I will lose their respect and cannot ask for help from them if needed because I also thought of myself first when I would need it*

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Imagine you are doing exactly the opposite of your sabotaging behaviour and picture it in your head. Take your time and feel, how does to make you feel ? The hidden commitment lies where the largest discomfort is.

My reality is now that I am committed to both finding this idle time and not appear as ...

## Experiment !

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### Are there better ways to that I can deal with my reality ? What else might I do ?

*eg. I can discuss this with my children, divide tasks, make them earn money for it and tell them about my difficulty to take just time for me and ask them how they view this.*