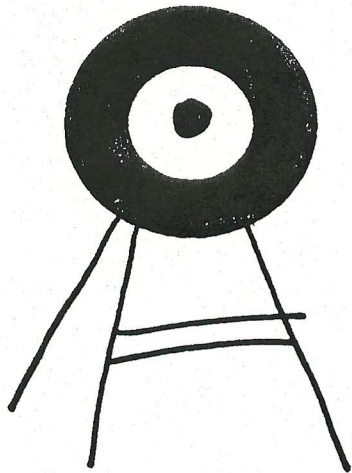


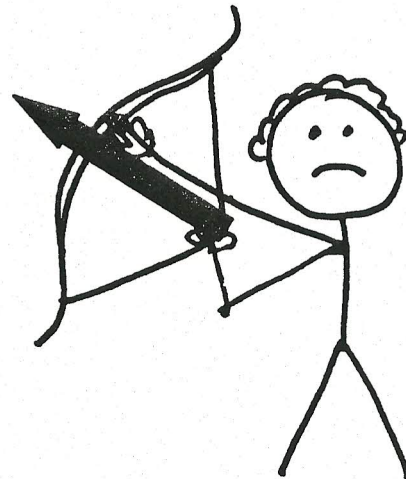
Why don't we get what we say we want?



Goal:

- Find a partner.
- Go to school.
- Maintain sobriety.

unrevealed
commitment



Unrevealed Commitment:

- It feels too scary, too vulnerable to be close to someone. I'd rather be alone.
- I'm too afraid to fail; I don't really want to do all the hard work needed to finish school.
- It is too painful to live a sober life; I have to numb out to survive.

Stated commitment:

- I want a relationship.
- I want to finish school.
- I want to quit drinking.

We really do get what we want—we get our unrevealed commitment.

If you don't know it's there, you can't change it.

Be honest about the unrevealed commitment, then you have a chance to change it.