

# AI-00465 Commitments

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**I'm trying to understand human commitments. What is a commitment? What is the psychodynamic of human commitments? What is the reason why some humans over-commit? What is the psychology term for over-commitment? List 20 sign that I am over-committing. List 20 guidelines to help me balance my commitments.**

## **What is a commitment?**

A commitment is a promise or pledge to do something. It can be made to yourself, to others, or to both. Commitments can be big or small, short-term or long-term. But regardless of their size or duration, commitments are important because they help us to achieve our goals, build relationships, and live fulfilling lives.

## **Psychodynamic of human commitments**

From a psychodynamic perspective, commitments can be seen as a way to regulate our emotions and maintain a sense of security and stability. When we make a commitment, we are essentially saying that we are willing to invest time and energy into something, even if it is difficult or challenging. This investment can help us to feel more in control of our lives and less anxious about the future.

## **Why some humans over-commit**

There are many reasons why people over-commit. Some people may do it because they are afraid of saying no, or because they want to please others. Others may over-commit because they are perfectionists and want to do everything perfectly. Still others may over-commit because they have a fear of missing out (FOMO).

## **Psychology term for over-commitment**

There is no specific psychology term for over-commitment. However, it can be seen as a symptom of other conditions, such as anxiety, perfectionism, or people-pleasing.

## **20 signs that you are over-committing**

- You feel constantly overwhelmed and exhausted.
- You neglect your personal well-being and self-care.
- You have little to no free time for relaxation or leisure activities.
- You frequently miss deadlines or make mistakes.
- You have difficulty saying no to new commitments.
- You feel like you are constantly running out of time.
- You feel guilty or anxious when you are not working on a commitment.
- You have difficulty sleeping because you are worried about your commitments.
- You have difficulty focusing on one task at a time because you are thinking about all of your other commitments.
- You have lost interest in activities that you used to enjoy because you don't have time for them anymore.
- You feel irritable and withdrawn from your loved ones.
- You are experiencing physical symptoms of stress, such as headaches, stomachaches, or muscle tension.
- You have made excuses to avoid social engagements because you are too busy.
- You have cancelled plans with others at the last minute because you had too much work to do.
- You have turned down opportunities that you were interested in because you didn't have time for them.
- You feel resentful towards the people who have asked you to make commitments.
- You feel like you are living a life that is not your own.

## **20 guidelines to help you balance your commitments**

- **Learn to say no.** It's okay to say no to new commitments, even if it's something you're interested in. It's important to prioritize your commitments and make sure that

you're not taking on too much.

- **Set realistic expectations.** Don't try to do everything perfectly. It's better to focus on doing a few things well than to try to do everything poorly.
- **Delegate tasks.** If you have the ability to delegate tasks, do it! This can free up your time so that you can focus on the most important things.
- **Take breaks.** It's important to take breaks throughout the day, even if it's just for a few minutes. Get up and move around, or do something that you enjoy.
- **Schedule time for yourself.** Make sure to schedule time for your own self-care, such as exercise, relaxation, and spending time with loved ones.
- **Learn to let go.** It's okay to let go of commitments that are no longer important to you or that are causing you too much stress.
- **Be flexible.** Things don't always go according to plan. Be flexible and willing to adjust your commitments as needed.
- **Don't be afraid to ask for help.** If you're feeling overwhelmed, ask for help from friends, family, or colleagues.
- **Prioritize your physical and mental health.** Your physical and mental health should be your top priority. If your commitments are putting your health at risk, it's time to make some changes.

**Remember, it's okay to say no.** It's also okay to change your mind and back out of a commitment if you need to. It's important to take care of yourself and to avoid over-committing yourself.