



Newsletter

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We only regard those unions as real examples of love and real marriages in which a fixed and unalterable decision has been taken. If men or women contemplate an escape, they do not collect all their powers for the task. In none of the serious and important tasks of life do we arrange such a "getaway."

Alfred Adler

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Commitment Friend or Foe?

Commitment— What is it really? A pledge and a promise? An action or involvement that restricts freedom of action or choice?

Did I scare you now? Oh yes, you'll find these definitions in your dictionary, and these words are usually enough to knock the wind out of a few adults for a minute or two. Believe it or not, even those adults that are married. It all sounds so boring for way too many people, so it's not surprising that so many find it difficult to commit in the first place. Moreover, our statistics show a large group of the population who find it difficult to maintain a commitment for a lifetime.



Why? Well, that "restriction of freedom" part of the whole scenario becomes a little hard to bear throughout a lifetime together. People get nervous about staying if they feel that their relationship problems have become unmanageable. It seems as if there is no way out. It becomes an inner emotional war where people feel as if they want out, and their conscience says, "I committed myself to stay". It becomes a negative.

It's amazing that so many look

upon commitment as a negative constraint, and as something that stunts one's personal journey and development throughout life. In other and simple terms, "the fun must disappear out of life when you commit or are in a commitment". This is hard to fathom. It is all in how you



Whoever said anybody has a right to give up?

Marian Wright Edelman

define the terms. It depends on how you look at it all. If you view commitment as fun, double the profit, and a potential provider for unique opportunities to grow in depth and experience love; it becomes just that.

If you view it as "double-trouble", it can also become just that. Even if you may think that you're committed, you'll be unconsciously looking for a good enough reason to back out. Or, use every chance to see if there's anyone out there that may be looking a little better than where you're at right now. Do you want to know the truth? You probably don't even know that you're doing it. But your subconscious is aware of your

fears, and it has its own agenda. Now, one thing is to consciously be afraid of commitment. What's even scarier is that you may be unconsciously sabotaging yourself and your partner without even knowing it. This is also about fear, but you aren't even aware of it. You'll deny that it's happening. That means that even if you think that you are in control, you aren't.

If you find yourself exploring feelings and thoughts of;

1. "How did I get into this mess?"
2. "The other person seems to want me to go, or else they wouldn't do what they are doing, and say that which they are saying".
3. "I'm unlucky, and it makes me a little sad. These types of relationship problems come to me like magnets. My partner is just too difficult to live with, and I don't know if we're going to succeed".
4. "What am I supposed to do? I'm not the cause of the relationship going down the drain. Doesn't my partner want our commitment to work?"
5. "My partner really seems to want to ruin us. I guess that means that he/she doesn't want it to work out. If they don't care, why should I?"

Recognize any of these hidden agendas?

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Vacation – Happiness or Trouble?



Vacation time and trouble in paradise. The too well known story of too many couples. You've probably heard of the scenario, or you may be living it yourself.

Let me give you a couple of examples. There are a lot of couples out there that co-exist in everyday life. They dream romantic thoughts of summer vacation in hopes that they'll finally have some quality time together and be able to relax, and touch bases. A few days into the vacation they look at each other as if they were complete strangers, and they find that they have nothing to talk about. Thoughts start to roll, and they start to wonder if they've grown apart, or worse yet; stopped loving each other.

**Trouble is part of your life —
if you don't share it, you
don't give the person who
loves you a chance to love
you enough.**

Dinah Shore

Then you have the couples that will fight their way through vacation. Many individuals look forward to a well-earned break from the working calendar year, and they want vacation to go "their way". A typical "my way, or no way" is the chemistry in this paradise.

Statistics show that marriages often break up in the high seasons of vacation and Christmas, just to name a couple of examples. At these times people seem to stop up to examine their lives. They may finally realize that their relationships have been sorely lacking in the areas of care and attention. This is not necessarily a bad thing. It can be the first sign and step towards a better life together, and some much needed change. There's always a positive in every negative.

Pentad encourages those of you that find yourself in trouble this summer vacation to seek help as soon as possible. Make your goal to get back on track, and back together.

Start today and drop us a line at,

tamera@pentad.no



Perfect love is rare indeed - for to be a lover will require that you continually have the subtlety of the very wise, the flexibility of the child, the sensitivity of the artist, the understanding of the philosopher, the acceptance of the saint, the tolerance of the scholar and the fortitude of the certain.

Leo Buscaglia

Autumn Courses

No, we're not getting ahead of ourselves. We at Pentad are just getting ready for fall's season of e-mail courses and services.

Since our goal is to help people succeed, it's imperative that we meet your specific needs. Now, no one is more of an expert on what you want, than

yourself. We tailor our offers to meet your individual wishes and challenges.

If you're missing something special from our list of services and courses, we'd like to know about it real quick. Let's get working towards making Autumn 2005 the best ever.

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**Love does not
consist in
gazing at each
other, but in
looking
outward in the
same
direction.**

Antoine de Saint-Exupéry's "Le Petit Prince"

Commitment Friend or Foe?



For one human being to love another: that is perhaps the most difficult of our tasks; the ultimate, the last test and proof, the work for which all other work is but preparation

Rainer Maria Rilke

I bet you're confused now, aren't you? Is it difficult to understand what these hidden agendas or questions have to do with you subconsciously sabotaging your relationship? Well, of course it's hard to see and understand. That's why you don't even know that you're doing it. If it was easy you wouldn't do it as long as you think that you're committed. Now, that's a revelation. Because of these agendas and fears you may actually be committed to helping your relationship end, and this is because you may be steering it in a negative direction.

Let's normalize it and make it a little easier to deal with. The truth is that you just haven't found peace with being committed. You haven't seen the real positives. Why not? Well, you may have fears of being trapped for the rest of your life and not getting what you want out of it. Or, you may have burned yourself in love before, and aren't quite ready to go the extra mile in commitment even though you've told your partner that you're already there.

Fear only perpetuates more fear. What you fear the most will become your perception of reality. You will **see** the whole relationship as being messed up, and it may not be the truth at all. Relax. We got those hidden agendas up and aired out in your conscious thoughts, so now you can dismiss them. When you dismiss them, you are capable of integrating something new.

Each relationship has potential for incredible and positive growth. This growth will only go as far as both people are willing to let it. When two people are 100% committed, their relationship will grow towards its full potential; practically, physically, mentally and emotionally.

When that's said, you all know that life is not always perfect. The path of life does not always go full steam ahead and without challenges to be encountered along the way. Of course not. It's the same with relationships. Each relationship will also have its specific challenges to overcome. You can't bulldoze it ahead without mastering these challenges. Challenges are not only created by the two personalities involved. They may also come from outside forces and situations.



***"Be as a tower
firmly set;
Shakes not its
top for any blast
that blows."***

— Dante

You may be thinking, "Well, of course. That's silly, everyone knows that". Okay, I'll give you a point for knowing it. However, the problem is that people don't **emotionally** know it, and fear is an emotion. Let me remind you that you do not have to experience a racing pulse in order to say that you have fear. You may not feel anything specific. Or, it may be masked by other emotions. However, if you ended up in the place that your subconscious fears, then you may feel the physical symptoms of a little panic. Everything before that is protection of your being, so that you won't end up in that unwanted situation. That's the background of you not knowing what's driving you.

It's powerful, but it's all quite irrational as most people end up handling what comes their way quite satisfactorily. And, this is the secret of it all. The

secret is the thought that you'll handle whatever comes your way. It calms the irrational fear. Your conscious and subconscious thoughts determine what you feel, and this again determines your actions. You may not be able to control irrational and fickle emotions. But, you can get a grip on your conscious thoughts and repeat them until your subconscious buys the whole deal. Great, isn't it?

So, how do you successfully commit? Is it difficult? No, it's easy. You make a conscious choice to commit without thoughts of escape routes if it doesn't prove to be perfect. You just decide to.

Then you work on other positive thought patterns. You tell yourself that your relationship is on a path towards full potential and love, and that there is a lot that needs to be learned and mastered in the process. You tell yourself that it will succeed, and that you will be kind and patient towards yourself and your partner in learning and catching up to each other along the way. This is because each person also has their own personal process, and it seldom seems as if both people are on the same wavelength and at the same time. But, you can still love each other. Whatever happens you'll get through it and handle it. And of course, it'll work out.

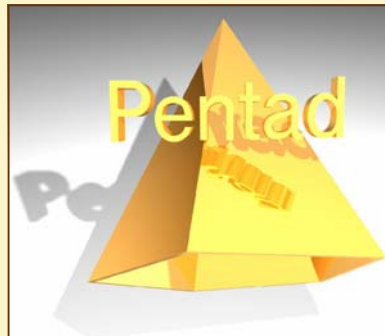
You decide to stay for keeps, and reap the profit and fruits of your labor. These may not materialize over night, however you always have a profit in the feeling of integrity and pride for walking your talk and loving someone with that, which is entirely you. Powerful is the love experienced within a commitment and with the one person that knows you for all of your faults, still loves you and will stand by your side. It satisfies one of the greatest needs you have as a human. And that is to be loved and to belong in complete acceptance of who you really are as an individual. No "ifs" and "buts", and no games.



***"I am
easily
satisfied
with the
very best."***

— Winston Churchill

Simplifying life and love
www.pentad.no



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**To fall in love is easy, even to remain
in it is not difficult; our human loneliness
is cause enough. But it is a hard quest
worth making to find a comrade through
whose steady presence one becomes
steadily the person one desires to be.**

Anna Louise Strong

Love doesn't make the world go
'round. Love is what makes the
ride worthwhile.

Franklin P. Jones