

DEALING WITH COMMITMENT DRIFT

5 Common Causes of Commitment Drift



1. Becoming overwhelmed by the demands of life. With lots of external demands, the home is seen as the place partners go to collapse, the place they don't have to be nice. This leads to unintentional drift.

2. The drive to succeed makes it hard to invest in the home relationship. This also leads to unintentional drift.

3. One partner decides to keep one's distance. This leads to intentional drift.

4. One or both partners seek out and invest in outside interests as a way of avoiding home. This also leads to intentional drift.

5. Default, or investing little effort in the relationship, will also contribute to drift.

PRAYERFULLY CONSIDER:

o Have patterns of insensitivity become evident?

o Has there been a progressive disengagement and increase of activity elsewhere?

o Is there anything that should be happening in the relationship but isn't?

o Is there a sense of dissatisfaction with what is happening in the relationship?
o Are feelings of resentment evident?