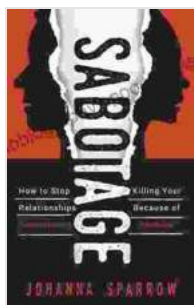


# Recognize Commitment Phobia And Experience Healthy Relationship

## What is Commitment Phobia?

Commitment phobia is a fear of commitment in relationships. People with commitment phobia may avoid relationships altogether, or they may sabotage relationships once they start to get serious. They may also have difficulty expressing their emotions, making decisions, or trusting others.



## Sabotage:Revised: Recognize Commitment Phobia and Experience a Healthy Relationship by Johanna Sparrow

★★★★★ 5 out of 5

Language	: English
File size	: 1334 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 295 pages
Lending	: Enabled
Screen Reader	: Supported



Commitment phobia can be caused by a variety of factors, including:

- Negative experiences in previous relationships
- Low self-esteem
- Fear of being hurt or abandoned
- Unresolved issues from childhood

## **Signs of Commitment Phobia**

If you're not sure whether you have commitment phobia, here are some signs to look for:

- You avoid relationships altogether.
- You sabotage relationships once they start to get serious.
- You have difficulty expressing your emotions.
- You have difficulty making decisions.
- You have difficulty trusting others.
- You have a fear of being hurt or abandoned.
- You have unresolved issues from childhood.

## **Overcoming Commitment Phobia**

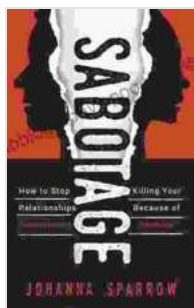
If you think you may have commitment phobia, there are a number of things you can do to overcome it:

- Identify your fears. What are you afraid of happening if you commit to a relationship?
- Challenge your fears. Are your fears realistic? What evidence do you have to support them?
- Develop coping mechanisms. How can you deal with your fears in a healthy way?
- Seek professional help. If you're struggling to overcome commitment phobia on your own, a therapist can help you identify the root of your fears and develop strategies for overcoming them.

Commitment phobia is a common problem, but it can be overcome. If you're struggling with commitment phobia, don't give up. There is hope. With the right help, you can learn to overcome your fears and build healthy, lasting relationships.

If you are interested in learning more about commitment phobia, I encourage you to read my book, "Recognize Commitment Phobia And Experience Healthy Relationship". This book provides a comprehensive overview of commitment phobia, including its causes, symptoms, and treatment options. I also offer a number of exercises and strategies that can help you to overcome your fear of commitment and build healthy, lasting relationships.

You can Free Download your copy of "Recognize Commitment Phobia And Experience Healthy Relationship" today by clicking here.

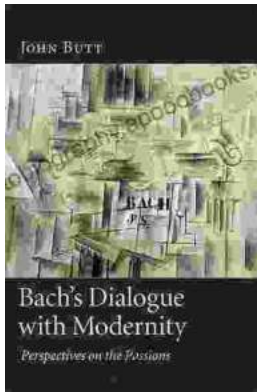


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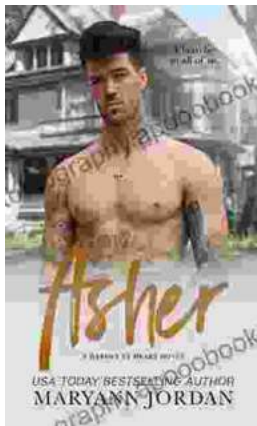
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