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If you've found someone you're crazy about, but are trying to figure out how to get over a fear of commitment, the task can sometimes seem a little daunting, and the process unsettling.

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Getting to Commitment offers understanding, inspiration, and a concrete plan of action for any wo-

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The reason you're afraid of commitment is that you're afraid of losing the limited freedom you currently have. Because of that, the simple and easy way to overcome your fear of commitment is to learn to experience more and more freedom so that losing a little bit of your freedom isn't such a scary thought.

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In a nutshell, fear of commitment is simply a reluctance to enter into a long-term monogamous relationship or marriage. Depending on the degree to which someone fears commitment, this reluctance may start to become apparent immediately, after only a few months of dating, or even in the lead up to marriage.

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It seems like by having made the "wrong" choice - apparently by being talked into it - you discovered your true feelings. This is one of the reasons for having a period of engagement. You get to try the commitment on before you actually stand un-

der the huppah. You get to see if it feels right in your heart.

Settling down can be difficult for the best of us. For those of us who are afraid of getting serious, it can be torturous. If your fear of commitment is holding you back from love, try these 10 ways to move past it and embrace love 100 percent:

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