

A Portable Identity

A Woman's Guide to Maintaining a Sense of Self While Moving Overseas

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Chapter 7

The Hub of The Wheel: Commitment

Moving overseas is like a sharp turn off the path you've been following up to now. It feels like you're suddenly in a different place altogether, sidetracked from the direction you were headed. The terrain is not the same. *You're* not the same. You've temporarily lost your bearings. Everything feels unsettled. You have an important choice to make: whether or not to walk forward into unknown territory and begin the process of reconstructing your identity.

You're at the first step of The Wheel: Commitment. Commitment forms the hub of The Wheel. In the process of reconstructing identity after an overseas move, the decision to move forward involves making a commitment to yourself to resolve your transitional state. This commitment must be in place if you are to take charge of the reconstruction process. At the end of this chapter, you'll have the opportunity to make this critical decision.

How We Define Commitment

Commitment is about making a decision within yourself. Making a commitment to someone or something means that you're deciding to pursue a certain relationship or course of action at the exclusion of other choices. By committing to one thing, you decide to leave something else behind. Commitment is about setting your eyes, soul, mind, and body toward a goal, then completing the steps necessary to achieve your goal. Commitment is about realizing that setbacks and obstacles are part of the process. It means going on even when you want to give up, or when the odds seem to be against you. Commitment is about following through with something to completion.

What does commitment mean to you?
