



# Tired? Obligation might be zapping your energy...

How did you wake up this morning? Feeling vibrant and excited to begin the day or a bit heavy and slow to get going? If you said 'yes' to the first answer then congratulations ~ whatever you're doing, keep doing it! More importantly, it's worth making a record on paper of what you're doing right now so that if things change you can reflect on what works for you and start doing it again in the future. You have a ready-made, tried and proven strategy. On the other hand, if you are in the majority who answered 'a-bit-slow-to-get-moving' then here's something to consider...

**One of the biggest factors in exhaustion is ... obligation**

**Obligation, guilt and fear (FOG)** are the top three emotional blackmail strategies used to control people in relationships. You may be falling prey to these. Susan Forward writes about this in her book, *Emotional Blackmail*. In terms of exhaustion, obligation is likely to push people to 'dig deep', beyond healthy boundaries, to please another person or meet some imagined and often unrealistic expectation we've place upon ourselves. Competing and comparing can compound the 'you have to keep up' feelings and increase the sense of obligation to push harder, beware the trap!

**It's time to stop and raise inner awareness**

Contemplate for a moment (honestly) these two very important questions for eliminating exhaustion.

**How much of what you're spending your time and energy on in any one day is done out of a sense of obligation?** \_\_\_\_\_ (It's worth taking a few minutes to write down your answers on this.)

**If you were to take obligation out of the equation, how would things be different?** "I would \_\_\_\_\_".

Imagine an obligation free week. How would it feel? Can you feel your energy levels rising just at the thought of it? Mmm, we can't fill up others out of an empty cup and no-one is going to take responsibility for our own wellbeing and self-care. How could you start to change what you do so that obligation becomes less of a daily feature? If something is in the way, it's worth getting some professional help or talking it through with someone who you trust for their wisdom. Obligation is simply not worth it!

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au).

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- ✓ Obligation is one of the top 3 emotional blackmail strategies
- ✓ Exhaustion is often caused by obligation
- ✓ Take obligation out of the equation - what would you do differently?

*"Relationships based on obligation lack dignity."*

Wayne Dyer

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