**Poem transcript**

A few years ago, I tried learning to play the guitar.

It started off well, but ended up becoming draining and hard.

I learnt the basics, so there were some songs I could actually play,

But in order to improve I needed to practise each day.

And I hated practising, meaning it rarely occurred;

So the idea that I might get better was clearly absurd.

Until eventually I just ended up quitting -

Because giving up seemed easier than committing.

Committing to something is hard work.

But without commitment, a lot of the best things in life can’t work.

And to a lot of people, commitment is a harsh word:

So many are afraid of it.

Because to commit to something is to take a risk -

It’s needed in all forms of relationships;

Because even when it gets tough, you remain in it.

Now a lot of things in life aren’t certain,

But I want to be a reliable person.

So if things in my relationship with you aren’t working

I don’t want to just give up

And say I’ve had enough,

I want to stick with it even if it’s tough.

If I’m committed to you

Then I want what’s best for you;

I wouldn’t want anything less for you.

That means I’ll take responsibility if I’m stressing you:

You can depend on me and I can depend on you.

Commitment in a relationship can’t be just on one side -

It can’t be something we only do sometimes.

To commit to a relationship isn’t to be unwise,

It’s to say: ‘I’ll be there in the mundane and the fun times’.

But before we commit to anyone else

It’s best that we commit to ourselves.

And what does that involve?

Well, it’s working out who I wanna be;

What qualities I wanna stand for;

It’s finding my feet;

It’s being secure in who I am;

Knowing my limits;

Knowing what’s right in my eyes

And knowing what isn’t.

Once I’m settled with my inner commitment

Then I can find someone with a similar vision:

Someone that will respect my choices,

Because being committed isn’t the same as being exploited.

You should never feel obligated

To tolerate any form of abusive behaviour;

Don’t be ashamed to walk away if someone

Is making unfair use of your good nature -

For the sake of everyone involved it’s better you left.

Being committed to someone means you want what’s best for them,

So in return don’t settle for anything less.

This is how I think it needs to be -

But I can’t speak for you.

This is what it means to me -

But what does commitment mean to you?