



He may be getting some of the benefits of marriage without giving anything up.

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Why isn't he ready to commit?

Did your mom or grandmother ever say, "Why buy the cow when you can get the milk for free?" This may be true in many relationships today. It basically means that the guy has a live in friend, someone to sleep with and someone to help pay the bills. And they didn't have to give up their freedom or say "I DO" to get it.

So why is it a big deal for guys to commit? Here are some reasons why some men might not commit:

- Fear of growing up
- Not wanting to take on adult responsibilities
- Not willing to make sacrifices
- Not ready to be financially responsible or support a family
- Less pressure by parents, the church, or peers to get married
- Loss of time with their guy friends or generally giving up their freedom

They may fear that marriage will change who they are. Marriage may also be the final step in growing up. But research has shown that the sacrifices made for commitment are good for both men and women. The shift in a guy's priorities that goes along with getting married and making a lifelong commitment generally improve his income and health.

If you think you are ready to take the next step in your relationship, talk to him about where your relationship is going. Sacrifice and commitment are two-way streets. Check to see if you are both headed in the same direction. If you and your boyfriend don't have a clear sense of your future together, you may need to reconsider the relationship.



To learn more about healthy relationships and marriages, go to www.okmarriage.org