

Promise Broken: The Promises You Can't Keep



Promise Broken (The Promises Series Book 1)

by Stacey Lynn

★★★★☆ 4.7 out of 5

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Promises are a powerful thing. They can create hope, build trust, and inspire us to achieve great things. But what happens when a promise is broken? The consequences can be devastating.

In this article, we'll explore the different types of promises, why we make them, and what happens when we break them. We'll also provide some tips on how to keep your promises and avoid the negative consequences of breaking them.

Types of Promises

There are many different types of promises, but they can be broadly classified into two categories:

- **Formal promises** are legally binding agreements. They are typically written down and signed by both parties. Examples of formal promises include contracts, wills, and marriage vows.
- **Informal promises** are not legally binding. They are typically made verbally or in writing, but they do not have the same legal force as formal promises. Examples of informal promises include promises to meet a friend for coffee, to help a neighbor with a project, or to return a borrowed item.

Why We Make Promises

We make promises for many different reasons. Some of the most common reasons include:

- **To create hope.** When we make a promise, we give someone hope that something will happen in the future. This can be a powerful motivator, both for the person making the promise and the person receiving it.
- **To build trust.** When we keep our promises, we build trust with others. This is essential for any healthy relationship, whether it's a personal relationship, a business relationship, or a community relationship.
- **To inspire ourselves.** When we make a promise to ourselves, we create a goal that we can strive for. This can help us to stay motivated and to achieve our goals.

What Happens When We Break Promises

Breaking a promise can have serious consequences. These consequences can include:

- **Loss of trust.** When we break a promise, we lose the trust of the person we made it to. This can damage relationships, both personal and professional.
- **Guilt and shame.** Breaking a promise can lead to feelings of guilt and shame. This can be a heavy burden to bear.
- **Legal consequences.** Breaking a formal promise can have legal consequences. For example, breaking a contract can lead to a lawsuit.

How to Keep Your Promises

Keeping your promises is not always easy, but it is important. Here are a few tips to help you keep your promises:

- **Be realistic.** Don't make promises that you can't keep. If you're not sure whether you can keep a promise, it's better to say no than to make a promise that you'll later break.
- **Be specific.** When you make a promise, be specific about what you're promising and when you're going to do it. This will help to avoid misunderstandings.
- **Write it down.** Writing down your promises can help you to remember them and to stay accountable.
- **Be accountable.** Find someone who will hold you accountable for your promises. This could be a friend, family member, or therapist.

Promises are a powerful thing. They can create hope, build trust, and inspire us to achieve great things. But when promises are broken, the consequences can be devastating. That's why it's important to keep your promises, both to yourself and to others.



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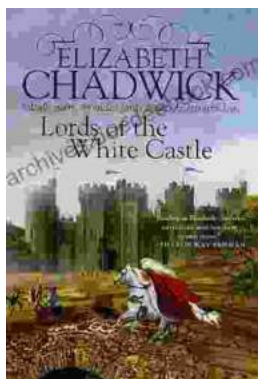
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