**Grow Better Relationships by Overcoming these 3 Fears**

Relationships are our mainstay in life. Without the people we care about in our lives, we'd have no purpose or motivation. We look to our relationship for support, encouragement and sympathy.

But sometimes, fear can hold us back from fostering strong healthy relationships. Over time, our relationships weaken and become shallow. Some may even be destroyed altogether.

When our relationships suffer, we feel unfulfilled and unhappy because we're not islands unto ourselves. We need healthy relationships in order to thrive and be the best we can be.

The following three fears are the most common ones that could negatively impact your relationships:

* **Fear of rejection**

Because many of us were brought up to believe that showing emotions is a sign of weakness, we hide or suppress them to appear strong and in control. We don't want to be seen as weak and risk being ridiculed or worse, rejected.

This fear affects personal relationships, which ironically, thrive and flourish on the honest expression of emotions.

Consider this scenario: you're in a romantic relationship and you know that this time, it's the real thing. But you're scared to open up because you think that if you do, your partner will see you as too weak or clingy and end up leaving you.

Funnily enough, the relationship might end because your partner feels you're too emotionally cold and don’t trust them enough to open up. How's that for rejection?

Likewise, your friendships and professional relationships will suffer for the same reason. People won’t reject or ridicule you for expressing emotions but will feel offended because they'll feel rejected by you.

Learning to express your emotions breeds mutual trust and sharing. When you're open with others, they'll feel flattered and valued – and will make you feel valued and loved in return.

The best way to overcome this fear is to do it in tiny steps. Practice expressing an emotion once every day to someone. You can do this verbally or in writing. Organize your thoughts, identify the emotion and express it calmly and honestly.

As you start to feel more comfortable, open up to more people until you're ab; to confidently express your feelings in any situation.

* **Fear of commitment**

People who fear commitment often find it difficult to express their emotions in case they get in way over their heads. Commitment means responsibility and responsibility's scary because it means owning up to your share of the relationship and being held accountable for your promises and mistakes.

In a romantic relationship, you may be scared to express your emotions because you're not ready to make a commitment to marriage or start a family. But here's the catch – if you open up and communicate this to your partner, they'll appreciate you for letting them know where you stand. You've given them the choice to stay on and see where the relationship goes or to end it.

At the end of the day, commitment and responsibility aren't bad. In fact, they foster your self-confidence, boost your self-pride and earn you immense respect from others.

You can start overcoming this fear by making small promises and keeping them, sticking to deadlines and learning to apologize. Slowly but surely, you'll begin to see how great this makes you feel and how you'll gradually become comfortable with expressing yourself.

* **Fear of unworthiness**

Repressing emotion may stem from a sense of not being 'good enough' or inferior to others and therefore, what you feel is unimportant. It's a no-brainer that this fear is rooted in a lack of self-confidence.

The fear of unworthiness extends to all relationships in your life. In a healthy relationship, you're expected to be an equal partner and not an inferior one. Your emotions should be as valued and understood as those of others.

If you do happen to be in a relationship where others expect you to feel inferior, it's not a relationship worth staying in. Your fear is being manipulated and used in the worst possible way.

Building up self-confidence is the only way to overcome this type of fear. There are dozens of ways to do that such as reading books or taking an online course. And as your self-confidence goes, you'll start expressing emotions more openly because you feel worthy of doing so.

**Conclusion**

If you're struggling with repressed emotions, the problem might lie in one of these three fears. Identify your personal one and acknowledge that you need to overcome it.

You owe it to yourself and to the people in your life to nurture and grow strong healthy relationships. Good relationships are founded on openness, honesty and mutual trust – in other words, the healthy expression of emotions.