**7 Ways Fear is Holding You Back**

Fear is a strong emotion related to our survival instinct. For our earliest ancestors, fear signaled danger and avoiding danger could save your life.

This still holds true today but as our civilization advanced, fears took on new and various forms more related to emotional wellbeing rather than real danger.

Sometimes, we can magnify these 'not really dangerous fears' to the point where they suffocate and hold us back. Here are 7 ways that your fears could be roadblocking your way to success and happiness.

1. **Career**

The most common fear related to career stagnation is the fear of failure. This fear has such negative associations career-wise that it can really cripple you.

This is when you fear accepting new responsibilities in case you make a mistake and get reprimanded – or worse. You fear being creative or thinking out of the box in case your ideas fail. You have to do everything yourself because you’re afraid delegating will lead to a mistake that you're blamed for and so on so on.

In extreme cases, people would rather remain stuck in place not enjoying their job rather than be labeled incompetent or a failure.

***Thought to ponder:*** Think off all the wildly successful people who failed miserably (some many times over) but weren't afraid to keep going till they got where they are today.

1. **Relationship**

The fear of responsibility and commitment can take a huge toll on your relationships or can destroy them altogether. People who fear responsibility often make promises they can't keep, areunable to express their emotions or apologize and take more than they give.

It's not hard to see how this can damage and erode relationships over time. Friendships become shallow and short-lived, family bonds become strained and love relationships usually end up in bad breakups.

***Point to ponder:*** Studies show that the strongest relationships are those where parties are totally committed to sharing equal responsibility and supporting each other for better or for worse.

1. **Seeking new opportunities**

Fear of risk can bring our lives to a standstill because we don't have the courage to seek new opportunities. We stay suck in jobs we hate or in abusive relationships because they're a danger option. The perceived risks of taking action outweigh our current unhappiness.

The fear of risk has many forms such as financial risk, security risks, health risks and of course, the fear of failure.

***Point to ponder:*** Everything we do holds an element of risk. Great opportunities should be seized because they can be life-changing. Assessing risks and factoring them into your plan of action and having a plan B almost always mitigates risks or even eliminates them.

1. **Peace of mind**

Financial fears are often at the root of our anxieties and worries. We can get so caught up in these fears that they control every waking moment and keep us awake at night. In extreme cases, they can develop into obsessions wot money and spending.

Financial fears are very valid and real as they're related to our survival and that of our families. But letting them control you will suck you into a cycle of constant worry where you feel totally helpless and unable to take action.

***Point to ponder:*** Taking steps to create financial security will diminish your fears. Sometimes, seeking a financial advisor is a great way to ease your worries. A financial advisor can help you organize your finances and advise you on ways to create financial security. The peace of mind is well worth the investment.

1. **Health**

Fear equals stress and stress has the biggest negative impact on your physical and mental health. It weakens the immune system, leaving you open to frequent colds and infections. Stress is also the major cause of high blood pressure and heart disease.

Mentally, stress affects your clarity and hence, your ability to focus and be your most productive. When you're in poor health, it's natural that you become worried and preoccupied as well and again, unable to function at your best.

***Point to ponder:*** All it takes is a few simple tweaks to get your health on the right track and bust your health fears. Eat well, exercise. Get enough sleep and de-stress daily. That's all it takes!

1. **Self-worth**

Fear of rejection or ridicule directly impacts our self-belief and self-worth. Sometimes, this fear prevents us from being honest with ourselves or speaking our minds. We are so afraid of being rejected or ridiculed and strive too hard for approval; from others that we may compromise our values and beliefs.

The result is that our self-worth plummets because we know we’re selling ourselves out.

***Point to ponder:*** At the end of the day, you have to live with yourself. Practice speaking up for your beliefs and standing firm on your convictions. The pride you'll feel for being true to yourself will go a long way towards breaking your fear if not fitting in.

1. **Emotional health**

The fear of expressing emotions wreaks havoc on our emotional health and can magnify toxic emotions like anger, resentment and bitterness. Most people are conditioned to suppress emotions again, for fear of being ridiculed or seen as weak. Naturally, this impacts relationships and human interactions.

***Point to ponder:*** Start expressing your emotions more openly to trusted people you feel comfortable with. This will begin to dismantle your fear and extend into other areas of your life.

**Conclusion**

Each of us has our own particular fears related to our personal circumstances and upbringing. But we all share something in common: These fears can hold us back in many areas of our lives.

Recognizing the reason behind your fear is the first step to overcoming it. Identify your personal fears and note how they're holding you back in the 6 areas we discussed here – and take action to overcome them and unleash your greatness.