

Fear of Success

REASONS FOR SELF-SABOTAGE

Self-sabotage may occur when you're subconsciously afraid of succeeding. Here's how fear of success, perfectionism, and self-sabotage combine to hold you back.

Fear of success can be just as paralyzing as fear of failure. Many people fear success because it tests their limits and makes them vulnerable to new situations. Even worse, success can expose weaknesses and force people to deal with their flaws.

Success is scary because it involves change. Success can be intimidating and hard to handle. With success come more challenges and responsibilities – and these can be threatening.

Sometimes people fear success because they don't know if they can live up to their achievements. They don't think they're good enough or smart enough. They're afraid they don't have what it takes to rise to the challenge, and they don't know if they can sustain their success.

TEXT FROM: www.suite101.com