

Are You Scared of Success?

Not many realize it, but people have a lot of psychological disorders, but it all has only one source. Fear. The reason why most people go crazy off the beaten path is because they become so afraid of something, they do anything to deal with it. Contrary to popular belief, the human body is little more than an animal with the ability to be aware of its own existence. This has created problems in that it tends to make people get in the way of themselves. Experiences during birth, childhood, adolescence are inadvertently carried over into adulthood without the person even conscious of it. Anything that is buried by the adult is rooted in the subconscious and expresses itself in the adult's most unguarded moments. Every major unfinished business in youth tends not to be forgotten but lie dormant. You could say that all the fears we have now as adults come from the past unresolved issues we have come to ignore as children. We may in our youth have taken some hits to our self-esteem and confidence. Our ability to be creative stymied by unimaginative parents focused on only passing grades. And our ability to enjoy success thwarted by a large dose of shame, humiliation and some misplaced notion that praise can sure swell your head to the size of a football field. If you find yourself afflicted with the problem of unconsciously sabotaging yourself at the point of victory, you need to let go of some buried emotions. You have to make the effort to dredge up the past and deal with the pain one step at a time. Success definitely comes at a price. Most people seem to be not able to cope with the demands of success. Most people prefer to live in shadow than meet the demands imposed by success. The following describes what success demands of a person. If you feel uncomfortable about several of these items, take the time to reflect on the reasons why, it may be because you are actually hindering your own growth, or you may be justified in not participating in the current ladder that you are climbing. The choice is always yours.

1. Change is constant. To be a success, you must adapt to meet the challenges imposed. You do not make excuses but get right to finding ways to solve a problem by going over, under, around, or even through it.
2. Expectations of people to hit the mark. You acknowledge that your superiors will always expect you to meet and even exceed the targets set before you. You ignore the stares of people as you concentrate on the task at hand, losing yourself in the process.
3. Performance standards keep on going up. You are expected to meet and exceed an increasing range of targets with more stringent measurements. You are challenged and mentally prepare yourself for the coming demands next quarter.
4. More attention from others. You get noticed more from other people both in and out of the office. Your personality shines like a beacon. Girls give you more attention. Managers ask you more for your opinion on corporate strategy. The CEO calls you on a first-name basis.
5. Less privacy. You're on call most of the time, even away from work. When critical issues hit in the dead of the night, you can be relied upon to make a contribution one way or another.
6. Question of whether the success can be repeated. You are confident that your previous success was not a fluke and you can do it again in the next challenge.
7. Time allocations change constantly. You come to work an hour before you're expected to make sure all preparations are ready for the day. You make room for unexpected circumstances. But you still manage to reasonably balance your work with your life outside it.
8. Expectations of behavior. You are yourself, your self-confidence is at an all-time high. You know you reached the top because you bring results to the table and not excuses. You are team player if you need to be, but you can play ball on your own if you have to.
9. Difficulty of maintaining pole position. There can only be one on top, and that's you. You know how to delegate but retain control over your responsibilities.
10. Adversaries. You enjoy having an opponent and deal with them as they deal with you in and out of the office. You even praise your adversary or a job well done.
11. Typecasting. You take no notice of people who talk about your limitations. You're more concerned on how you can push the envelope to the next level.
12. Do you have the Right to succeed? You bet! You are right where you want to be. Give yourself a pat on the back and give others the inspiration to aim high.

About the Author

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