

5 Hidden Fears that **Stop** you from Giving and Receiving Love

(mini book and worksheet)

Preparingtolove.com

Introduction

*In a 75-year study of human development, Harvard researchers uncovered the one true key to happiness: **love**.*

Deep inside, the one thing we all crave the most is to be loved and accepted for who we are. We want to feel worthy just the way we are. But just because we crave it, doesn't mean we're always ready to receive it when it shows up.

How many stories have you heard about lottery winners who are rich today and broke tomorrow? In fact, 70% of all lottery winners die penniless. They craved money but were not ready to receive it when it showed up. For every one of those stories about lottery winners, I've heard just as many about women who crave love, but were not ready to receive it when they got it. Their relationship status changes, but their fears about love and relationships do not. Fear kills love.

Love is the most amazing thing in the world but it's also the scariest.

When you love without limits, you're vulnerable and open to getting hurt again and again. It doesn't matter if you're loving friends, family, or baes. You could still get hurt. Love is amazing, but scary. That's why we hold it tight and push it away at the same time.

After you've experienced this type of hurt, it's possible that your fears take over each time you're presented with the opportunity to love.

Lead Harvard researcher, Dr. George Vaillant concludes that the two keys to a happy life are: 1. finding Love and 2. finding a way to cope with fear that doesn't push love away. For instance, if you're in a good relationship, but your history of abuse or abandonment keeps you in fear of opening yourself up completely, you must find a way to conquer your fears without pushing love away. For that reason, it's a good idea to prioritize relationships but an even better one to prioritize your coping skills.

That's why I created this mini book. To help you identify what's holding you back and cope with it. Keep reading to discover your fears and fill out the worksheet in the back of this book.

Definitions

Fear

More than anything, fear is your body's way of alerting you that danger lies ahead. It's a survival mechanism. If something or someone reminds you of a situation where you were hurt once before, your mind and body will go into survival mode. It will shut down all vulnerabilities and take action to either protect your physical body or your heart.

Fear is actually a good thing when used in the proper timing and context.

Though, there are a lot of people you should stay away from, fear is misused if you suspect everyone. Not everyone is out to get you.

The key is learning to trust your instinct or that gut feeling that you get deep inside. If you can't trust your intuition, you can always trust the facts. Instead, most fearful people automatically trust their emotions. Your emotions would like for you to distrust everyone based on your past experiences.

Unspoken Beliefs

Unspoken beliefs are the subconscious dialogues that you have, with yourself, whether you realize it or not. You repeat the same words over and over again or you act on the same deep rooted beliefs over and over again. You can figure out your unspoken beliefs, about love, by looking at the type of people you find yourself involved with and the types of mistakes you make repeatedly. Your beliefs show up in every relationship without you ever speaking a word.

Root Cause

The root cause is the original source of the dysfunction. It's the reason why you function a certain way. Typically it starts from: ¹ A parent who functions the same way (even if you've never seen them do it) or ² Past trauma and hurts.

God has not given you a spirit of fear, but of power, love and a sound mind. II Timothy 1:7

The 5 Hidden Fears that Stop you from Giving and Receiving Love

1. Fear of Abandonment

Does it seem as if everyone you love eventually disappears or dies? If you have the fear of abandonment, it keeps you stressed about whether or not your loved ones will leave you. When you feel your heart is falling for someone, you begin to feel vulnerable and helpless. You start to worry if you will get abandoned again. Instead of being honest about your feelings, you use the following protection mechanisms to control the situation:

- You become clingy to keep people from leaving you
- You emotionally push people away so that they will leave you because that's what you expect (whenever our expectations are met, we are less disappointed)
- You abandon them first so that you won't get hurt
- You get involved with people who are unavailable (married to someone else, long distance, unstable, or unreliable) to subconsciously fulfill the belief that "you can't depend on anyone"
- You avoid relationships altogether so that you can't get hurt

Unspoken beliefs: "He will leave me just like all the other men in my life, including my father." "No one has ever been there for me."

Root Cause: It's possible that people who fear abandonment have been abandoned, early in life, by someone who should have loved them— usually a parent. Even if the parent was physically present, they may not have been emotionally present.

2. Fear of Rejection

Rejection makes you feel unlovable, unwanted, unacceptable, misunderstood and invisible. You don't feel good enough for anyone or anything. It often leads to low self-worth and low self-esteem. In order to earn acceptance, you often deny who you are in exchange for love from someone who wants you to be something you're not. For instance, if a father wants his daughter to be a doctor, she may study medicine no matter how much she hates it, in order to win his approval. Rejected people are so comfortable not being themselves that they often struggle with identity crisis later in life. As a result of rejection:

- You are drawn to people who are critical of you
- You are very critical of others
- You hide your true self because you don't believe anyone will accept the real you
- You have a hard time believing anyone could sincerely love or value you
- You hide behind "independence" or the "I don't need a man" motto to avoid being vulnerable

Unspoken belief: “I’m not worthy of true love. If he knew the real me, he wouldn’t love me.”

Root Cause: Starts in childhood with a parent who struggled with rejection or a parent who rejected you.

3. Fear of Commitment

If you’re a [commitment phobe](#), you want love just like the rest of us, but love is not worth your freedom. You fear making the wrong decision and being stuck with the consequences. In addition to that, you worry that you’ll miss out on something greater if you settle down. In order to stay commitment free, you tend to:

- Hang out with no strings attached, so you can make a quick exit when the time is right
- Avoid defining relationships with titles
- Look for perfection in other people knowing it can never be achieved, but it’s your excuse to leave
- Only get involved in short-term relationships

Unspoken belief: “If I commit to him, I may lose the chance with someone better.”

Root Cause: This is often triggered by watching your parents betray each other or experiencing betrayal first hand.

For more information about commitment phobes, check out this blog post: [Are you in love with a commitment phobe?](#)

4. Fear of Being Alone

The more you avoid being alone, the less you’re able to deal with any baggage that stops you from making healthy relationship choices. In other words, being alone is a necessary part of being in a healthy relationship. Being alone helps you to self-assess your mistakes. If you can’t stand to be alone with yourself, why would anyone else want to be alone with you? The fear of being alone drives you to:

- Jump in and out of relationships before you can get over the last one
- Spend time with people you don’t enjoy; talk on the phone for hours; and bare children to avoid being alone
- Tolerate anything from anyone in order to have their company

Unspoken belief: “I may not be happy in this relationship, but it’s better than being alone.”

Root Cause: ¹. Suffering from extreme loneliness as a child who had no control over the people or circumstances in their life; ². having the belief that being in a relationship validates you; Or ³. Watching loved ones grow old, alone, and not wanting to end up like them.

5. Fear of Intimacy

If you fear intimacy you probably don't have a problem being in relationships. Your problem begins when your partner starts to discuss taking the relationship to the next level. The next level makes you more vulnerable and at risk for getting hurt. At that point, you may look for excuses as to why he's not good enough. In addition to that, you subconsciously:

- Allow yourself to **only** engage in relationships with emotionally unavailable partners. Either they are married, recently divorced, or have some other disqualifiers that prevent them from wanting to go to the next level.
- Avoid deep, intimate conversations about yourself
- Keep walls of protection around your heart; avoid being vulnerable with anyone- friends, co-workers, family
- Withhold affection from others

Unspoken belief: "I don't want to lose myself in a relationship."

Root Cause: ¹. Parents who never committed to each other or to anything else ². Experiencing rejection early in life and not wanting to get hurt again ³. Extremely intrusive parents who don't set boundaries or emotionally unavailable parents.

Hidden Fears that **Stop** You from Giving and Receiving Love

Which fears are holding you back from giving and receiving love?

What hidden beliefs have you used to justify your fears?

What is the root cause of these beliefs?

Using Intuition and Facts to Challenge Your Fears

Intuition is the inner knowing that we've all been given. If you've ever said, "something told me to.....," that something was probably your intuition. Some people refer to it as the Spirit of God. Whatever you call it, it's a very gentle, quiet knowing. You can't explain how you know it; you just know. It doesn't pressure you or yell, but it softly tells you what to do. Most of the times it's hard to hear it because our emotions are screaming. That's why so many of us ignore it.

But if you aren't sure that your intuition is talking to you, just use facts or logic to get to the bottom of your fear. Ask yourself close-ended, short answer, yes or no questions when you want to know whether or not you have a "real" reason to fear.

Is he abusive? Yes or No

Have I caught him in a lie? Yes or No

Does he want to be in a committed relationship? Yes or No

Does he communicate with me on a regular basis without me having to initiate all of it? Yes or No

Does he give as much as he takes?

Does he keep secrets or is he transparent?

Does he resist spending time with me on a regular basis? Yes or No

Does he accept me the way I am? Yes or No

Is he critical, judgmental, and does he try to change me? Yes or No

Is he controlling? Yes or No

The list of possible questions could go on and on. When you find yourself facing your fears again, you can make your own list and answer them honestly.

Key Takeaways

- There are several fears that keep people from giving and receiving the love they desire. This list is not comprehensive, but it lists the most common fears.
- Everyone is born with the same need for love and acceptance
- Love is a risk
- Fear and other defense mechanisms are used to keep people safe
- The majority of these defenses are created in childhood and perfected by the time we're adults
- These defenses can be muted by using intuition and facts