

COMMUNITY

Family Counseling Service: What's Hindering Your Success?

BY LARRY DEAVERS

Have you ever noticed that sometimes, when you're making progress towards your goals, you lose motivation or undermine your success through self-defeating choices? Why is that? Any change, even a positive one, involves some degree of risk.

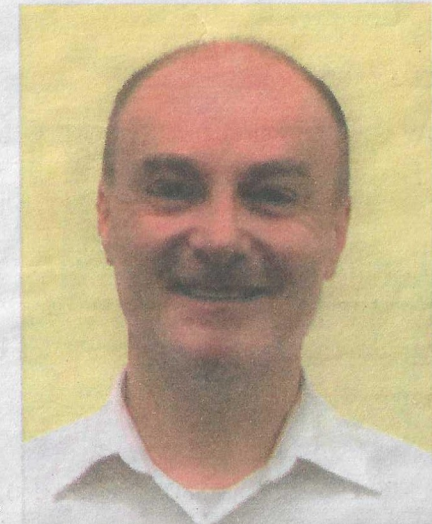
ACHIEVING SUCCESS MAY AFFECT THE WAY OTHERS SEE US.

The thought of the people around us becoming accustomed to seeing us as more capable and competent may mean redefining our relationships, our dependence on others, and what's expected of us in the future.

When we stop being as dependent on others, the nature of our relationship changes. Expectations rise – but that's a good thing. Unhealthy relationships are often characterized by a co-dependence where one person only feels valuable when they're having to rescue someone else who seems less capable. This gives them a sense of purpose and importance when they don't see it in other parts of their lives.

When you begin succeeding, some in your life might see it as a threat. You might encounter resistance from those who may feel their own value threatened if you're less dependent on them. They might undermine your efforts so they can go back to feeling comfortable with the status quo.

Regardless of the risks, achieving your goals, gaining new confidence, and stretching yourself are important aspects of your emotional, mental, and spiritual growth. If you're not dissuaded by your critics and your own anxieties, you may discover a new degree of contentment and personal satisfaction. Those on your side will praise your success.



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