

Why Others Will Hold You Back

There is one thing you will notice as you start to make massive change. Those closest to you will try to hold you back. They'll tell you you've changed (as if its a bad thing) why don't you just do eat this cake, just come for a little drink, stop working on yourself and come and do this thing that you really shouldn't do. Some may even get quite angry about it. Some may even decide they can't be your friend anymore.

Why are they doing this?

You have to understand it's not that they don't love you. It's that they're scared. As they see you changing a few thoughts go through their head. The first is simply:

"if they're changing they may move into some place I cannot follow so I'll lose them and they'll stop hanging out with me."

Whether this is true or not is often a measure of how deep a relationship you share but you have to accept you may lose some friends due to the changes you are making.

The other thought is more powerful, you see if you can change and make your life a success why can't they? The fact that you can do it and they can't speaks volumes. They would rather you fail so they can confirm the belief that this is just the life they were dealt and there is nothing they can do about it, so they don't even need to try and do the hard work of improving it. After all if you through all this hard work can improve your lot in life, couldn't they? Much easier to believe no and stay where they are.

Expect this sort of resistance from all angles. Take courage from the others going through this course with you, but realise sometimes in shedding your skin you have to shed other things too.