

Seven Hidden Causes of Fear

We, as humans, are afraid of many things, sometimes developing severe phobias. So, what are the hidden causes of fear? What are the reasons for these reactions? When I was a little boy, I was afraid of the dark especially when I was outside. But during the day, I ran through the same area without a care in the world. What **made the difference** between my time outside during the day, and my fear of what lurked there in the darkness. It's strange if you think about it. What are these causes of fear?

The hidden causes of fear

Children being afraid of the dark is just something that most people understand, without fully understanding. Much like many other situations, **we don't really question** the causes of fear. But there are other kinds of fears, less tangible but just as important, and these other fears are the ones that can **keep us from reaching our full potential**. Now's the time to analyze the causes of fear and understand a bit more about ourselves. Let's take a look at a few reasons why we're frightened.

1. Failure

One of the most common causes of fear is failure. So many of us refuse to leave our comfort zones because we are afraid of **doing something wrong**, something that could damage our lives forever. The fear of failure can be seen in those who procrastinate in taking steps toward things like new careers, education, or starting a relationship. The fear of failure is often hidden behind the reasoning of why you shouldn't take that step forward. It's also camouflaged as self-sacrifice as well. Sometimes, instead of doing something to better yourself, you may choose to focus all your energies on others. Doing for others is good, but not when you forget about your own goals and potential. Learn to **recognize the signs** of fear of failure in its early stages so you can improve your life accordingly.

2. Decidophobia (Fear of Making Decisions)

Yes, decidophobia is a real thing. It's basically **the fear of making decisions**. This person has to be thought over carefully, even the simplest of tasks. Inside they are wrestling with the fear of making the wrong decision, and so they **takes extreme measures** of time to make the decision in the first place. So, their strategy is that if they take long enough, the decision will become clear. In my experience, this is not true. It seems that if I take too long making a decision, it actually becomes much harder. The fear of decision making **can be crippling**, stealing so much time from the rest of your life. Practice forcing yourself to make quicker decisions and walk away. It will be painful, but it will help you see the fallacy in your logic.

3. Negative Scenarios

One of the causes of fear revolves around **the stories you play** in your head. For instance, when you cannot reach a friend by phone, you may start to worry. When this happens, your mind starts to compensate for the absence of explanation. In other words, if you don't know where someone is or if they are okay, then your brain fills in the gap. Most often, these fabrications are negative. While not everyone ruminates like this, many do. Building negative scenarios in your mind **feeds your fear**. If you start believing that your absent friend has been in an accident, then you start to fear those things. You actually fear far-fetched ideas. If you allow yourself to think positive things instead, then you decrease your fears and breed peace.

4. Trust Issues

So many of us have trust issues of some kind or other. That's why we often have fears that something bad will happen. I have friends telling me about the walls around them. They built all these walls because of the hurtful things that happened in the past. Unfortunately, these walls kept the good things out as well. They are in constant fear of being betrayed by one person or the other. It **affects most aspects of their life** and they hate it. They try to relinquish these fears, but something happens that, again, fortifies that untrusting mindset. All I can say is, we just have to try harder to break down the wall and let people love us. After all, it's possible at times that they actually have good intentions.

5. Insecurities

This cause of fear is **similar to trust issues**, but not exactly the same. While insecurities can cause trust issues which in turn, can cause fears, insecurities alone can cause different sorts of fears. Let's say you are insecure about your weight and so you are afraid to wear certain things in the public. You fear ridicule and you fear rejection. Insecurities have the power to **destroy your self-image** and that's why it's so important to practice self-love and realization in your life. They often suffer from insecurities, but they must stop themselves and think about what their worth. Their worth as a human being does not change according to things people say about them or how they treat them. Your value is not in what a loud few say about you.

6. Perfectionism

One of the causes of fear that can really **limit your life** is perfectionism. If you think it's important to be perfect at everything, then any failure would be devastating. So, if you sense an event would cause you to make mistakes, then you will not go to that event. You might not even date certain people **in fear that they would see** your imperfections. It can be quite crippling actually. Since you have a fear of imperfection, you will often do nothing. This is the severe form of perfectionism. You may feel that if you partake in social activities or anything at all, **you won't be able to feel the same** about yourself if not seen as perfect. You may have friends, but honestly, they will be few.

7. Past Trauma

Past traumas cause PTSD, anxiety and also physical health problems. Unfortunately, we don't often address the common fears they produce. Past traumas can affect our social life, spiritual life, family life and more. Because of what happened to us, we will often avoid relationships or career changes. Do an **inventory of your life** and see if anything from your past connects with your present fears. Start there and work forward.

Fears aren't the end of the world

Despite how prevalent your fears are in your life, **there's always hope** for change. The causes of fears may be many and complex, but with understanding, you can find the key to unlock these fears. Upon analyzing our fears, we can come to a conclusion. **We are afraid of the unknown.** Since it was dark outside when I was afraid, this meant I could not see what dwelled there. It's safe to say that **the darkness covers the unknown** and these unknown things cause feelings of fear. As an adult, I still suffer from the fear of the unknowns, and many of us do. Let us contend if those unknowns are truly worthy of stifling our lives. You will find in most cases, no.

1 John 4:18 – There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.