

# Love your problems,

[Philosophy](#)



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Love your Problems We have seen many people throughout history that people who had some weaknesses in their personality which hindered them from succeeding in what they wanted to achieve. People who were wise enough were quick to understand that these fears were part of human nature and psychology and they try they could not only get rid of it but use them for personal growth. These fears could include meeting new people, putting your money in some risky investment, trying to get the grasp of a new skill and the fear of speaking in front of an audience (Antony & Swinson, 2008).

Like many other people I also have the fear of public speaking and I find it difficult to get out of my comfort zone. But I have realized that it is an obstacle for me in achieving my goals and I am working on breaking free of it for my personal growth. The best way to overcome this weakness is to face it bravely. At first it would be difficult but over time and with experience it would become easy and people have reported that they actually began to like it. It can be started by talking in front of a small crowd preferably people you know. Even if you do not talk long enough, it is important that you speak up. Embracing a problem and loving your barrier to me means that getting rid of your fears which gives you personal satisfaction. One can embrace it if he or she lets go off the fear of what people might think about them.

#### Works Cited

Antony, M. M., & Swinson, R. P. (2008). The shyness & social anxiety workbook: Proven, step-by-step techniques for overcoming your fear. Oakland, CA: New Harbinger Publications.