

This is the least complicated of the steps BUT:

- It can stop success in its tracks
- Can be the hardest to get to the root causes

Practical

- It is physically painful to be successful
- There isn't enough time to keep up the success

Emotional

- How others see me being successful
- How I see myself being successful
- What being successful now means for me later

How others see me being successful

1. Others will judge me if I am successful
2. Others will dismiss my success as being unimportant
3. Others will dismiss my success as being insubstantial
4. Others will dismiss my success as luck
5. Others will think that I did something underhanded in order to be successful
6. Others will think I am leaving them behind if I am successful
7. Others will think that I think I am better than them if I am successful
8. Others will be jealous of my success

How I see myself being successful

9. I am not worthy of success
10. I do not deserve being successful
11. I am not made for success
12. It is unsafe to be successful
13. It is unsafe for me to be more than I am right now
14. It is unsafe to have my success recognized
15. If I am successful I will get a big head

What being successful now means for me later

16. If I am successful it will become the new normal that I will always have to live up to
17. If I work hard to be successful then I am going to have to work hard to keep being successful

18. Success isn't going to live up to my expectations

19. The moment I am successful I am going to lose the success and that is going to hurt