

The scariest thing in the world to us is the judgment of others

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SUMMARY

The speaker emphasizes the paralyzing effect of fearing judgment from others, which prevents individuals from taking risks and experiencing life fully. By recognizing that everyone shares similar insecurities, individuals can break free from this fear and live more authentically.

- *Fear of judgment from others can inhibit personal growth and experiences.*
- *Many people are equally concerned about how they are perceived by others.*
- *The desire for approval is a common human trait, akin to being "little children."*
- *Those who succeed in life are those who refuse to be imprisoned by the fear of judgment.*
- *Elevated and wise individuals are too focused on their own lives to judge others.*
- *Breaking free from the fear of judgment can lead to a more fulfilling life.*

one of the things that paralyzes human beings and i see this as a therapist day in and day out is judgment from others do you know how paralyzed you probably are how many risks you haven't taken how many uh experiences you haven't had because you've been completely stricken by fear of what other people will say this is really so so tragic because if

you knew that those people that you're worried about are so screwed up and equally worried about what you will think about them then maybe you will realize that we are all little children looking for approval so those who win at life those who take their life in their charge are those who've decided that they will not be imprisoned by their fear of others judgment learn to break free learn to realize

that the people who you fear will judge you are also afraid that you will judge them because truly elevated people truly wise glorious people are too busy living their life to judge you