

20 spiritual 'obstacles' that you need to remove to live happier

These mental barriers are the wall that makes you become stuck in life.

You are in an imaginary hot air balloon, only you and all your belongings are stored in a thorny basket. Something unexpected happened and the balloon began to plunge. You fell to the ground in less than 10 minutes without thinking of any way to escape.

Think about it again, the only solution at the time was to remove everything that had a heavy weight and throw out at least half of the items in the basket. Either do so or you will immediately fall to the ground. You look at the things around and hesitate for a few seconds, but then, you decide you need to do what you have to do and start throwing away the assets you have struggled to earn in your lifetime. The basket gradually fades away, the balloon becomes more balanced and you continue to "fly" in the sky. You are liberated after you really understand.

1. Why do people always feel miserable and how to "reduce" suffering?

Do you find your head similar to the other basket? Does the basket contain a lot of "excess" objects that can make the balloon uncontrollable and plunge "without braking" to the ground? When there are too many thoughts and mental barriers cannot be removed, your head will be the same: just want to explode to release.



This situation happens to all of us, with all those born in this life. But luckily, there are many people who have learned to control. They know how to throw away unnecessary things to remove mental barriers, make their

minds become more gentle and relaxed, help them no matter how many waves and ups and downs but still feel fresh life pretty.

Here are 20 barriers that need to be removed. Hope you will recognize your problems and quickly remove them from your head to live more comfortably.

1. Adhesive stick

Sticking means that you are immersed in something, on someone who can't be separated, can't be pulled, drawn, attracted as an invisible attraction, entangled in the thoughts of others, being obsessed with the past, by the trendy trends that make oneself demanding, greedy, seeking ways to advance despite the tricks . When they are attached, they will torment and suffer those around them.

Do you find yourself indispensable to someone? Can't you leave them while they're getting away from you? You find every way to hold on, to keep them with you, but in fact, everyone realizes that when two people are together, no one is happy? You feel miserable but cannot escape.

Look straight into reality. Any attachment can be separated and it is important that you realize it.

2. Obsess about your sins

Nobody does not make mistakes. Even if you commit serious sins, just be honest and confess, you will be forgiven.

Being obsessed with mistakes will only make you deprive yourself and be filled with sadness. If you want to live happily, you need to know how to face them.



3. Negative thinking

Pessimistic thoughts and negative attitudes will make you imprisoned in the dark - covering everything you do and clearly, this is extremely dangerous. Like the law of attraction, when you think positively, life is also good and vice versa.

1. **10 ways to eliminate stress are simple and extremely effective**

4. Criticize yourself

Each person is the "expert" of his own excellent criticism. We point out our own shortcomings in the hope of getting better but it seems that everything is always above the limit. Criticism becomes meaningless messages.

So, love yourself, treat yourself well.

5. Prejudice

Prejudice only makes you feel bitter and resentful. Prejudice makes you lose great opportunities to connect with others.

6. "Forced" thought

Do you continue to do something just because you feel you need to do it without any obvious reason? So it is time to look at the benefits and negative effects of what you are doing.

7. Need approval from others

Many people tend to seek approval from others, want to draw attention to them, and only when there is consent or support, do what they want. This habit is extremely bad and it will threaten your confidence as well as make you unable to live with yourself.



8. Belief limited

Most of the limits are due to our self-imposed. Life does not have any specific limits. We create trust and have many potential possibilities. Therefore, remove thinking about "limited faith".

9. Hateful

Keeping hatred thoughts only hurt your heart and make you suffer more. According to studies, people who are constantly angry will have a higher risk of heart disease than those who forgive.

1. **Simple happiness, just learn how to forget and forgive**

10. Delayed

"I'll do it tomorrow" is the delaying tactic of "guys" who are secretly sabotaging your subconscious. Try to be aware of this enemy and force yourself to start working right after being tasked.

11. Worry

Anxiety is born out of our fear of uncertain and uncertain things in the future. Thinking that something bad could happen is just an unrealistic thought that we created ourselves. At times like that, ask yourself: *"Is this worry based on actual evidence or is it self-deduced?"*

12. Obsessed by bad relationships

A heart wound needs a long time to heal. Your heart is still "locked" because your mind continues to float with those thoughts. What you need to realize is that the pain is not the loss you are experiencing but it is your own in your head. Please accept the life always has gray areas to realize there are many nice puzzle pieces are waiting for you.



13. Obsessed by sad memories

Occasionally, we suddenly remember things that happened in the past and even though we tried to stop them, it was unforgettable. However, if you're constantly obsessed and every time you remember, you have a mental breakdown that's not good. So keep them where they belong: the past.

1. **When life is too difficult, remember these 10 sentences**

14. Embrace

Do you find yourself hugging, so that when you don't complete everything you need, you feel uncomfortable, uneasy, thinking that you are inferior, incompetent, and making anger affect people other.

The solution for you is to prioritize important, non-perfectionary things and sometimes, just follow nature.

15. Maintain bad relationships

Humans are very strongly affected by the environment. If you are feeling negative, look for fun places that make you feel most relaxed and comfortable. If there are people around you who are dishonest, jealous, pessimistic and always trying to "submerge" others with acts of lack of humanity, stay away from them.



16. Thinking of myself is a product of the past

A very common mistake that many people suffer is the belief that they are determined by what happened in the past. They accept unreasonably and always feel stuck in believing that the future is no different from what happened and now.

1. **These 3 inspirational videos will "save" you when you want to give up all**

17. Haunting by work

This barrier is the risk of modern life. We are always obsessed with thinking that we have to become someone, we must achieve a certain position, have a job with certain salaries and powers . This is not the nature of life.

18. Bad habits

Watching TV, using the phone, surfing the web, addictive or eating too many fast food . are all bad habits that significantly affect our spirit. Therefore, have a healthy lifestyle so that your body always feels comfortable and relaxed.



19. Look at things too subjectively

We are often emotionally disturbed because we explain the words and actions of others in a very subjective, repetitive way. This makes each person feel irritated, hurt and frustrated if those things are not what they mean.

1. **10 things that many people 10 years later will regret**

20. Timer

Time is also a factor that makes us feel stressed. It is not literally the time but our perception of it. Sometimes, people become slaves of the concept of time even in happy moments with family. Therefore, learn to live every minute instead of worrying about the deadline of the job.

Now that you know 20 mental barriers that can ruin your happiness and those around you. Change now to live happily every day.

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