

5 dangerous habits of 'killing' the dream of life that you should quit immediately

Let's TipsMake.com recognize 5 dangerous habits to kill the dream of life that you should immediately leave below!

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It is the desire to achieve the dream one day that keeps our feet moving forward even when we experience the most hopeless moments of our lives. Yes, we all know it but continue to stick our habits to daily life, that all these habits are silently becoming **killer of life's dream**.

" Life is a broken-winged bird, That can't fly ." - Langston Hughes

" Hold on to your dream, because if your dream dies, life will be like a broken bird can't fly ."



These habits and behaviors are closely linked to personalities that become inherent, making us weak, fragile and fragile, always giving us an excuse to give up our dreams. self. So read on to identify the **five dangerous habits of "killing" the life dream that you should immediately remove** below. If you feel that you are attached to the characteristics listed below, stop and be more alert, you need to completely eliminate these errors because they

are killing the dream of your life.

1. Fear of unnamed things



Characteristics : This type of person is always **surrounded by various fears** , such as fear of rejection, fear of being separated, loss, fear of being humiliated or even fear of extinction. These fears always appear in their minds, preventing them from taking steady steps to their dreams, preventing them from venturing and they are always satisfied with their own pleasant atmosphere.

Reason : Fear of things that are not named mental states are shaped from each person's childhood. For example, when you were a kid, you were often told that " *you can't go out or the landmine will take you away .*" Obviously, this now sounds funny but when we were a child, we really felt scared when we were threatened. Therefore, gradually our spirit begins to fear things that were once considered fun, such as screaming delight when happy, dancing or chirping or loving someone. We are afraid of being ridiculous, afraid of being called crazy according to the society's usual judgment. This unnamed fear becomes an inseparable attribute, sometimes even making us feel afraid to step through the inherent boundaries of life. We dare not start anything new and gradually kill our dreams.

See also: 31 questions that can change your life

2. Addiction to pain



Characteristics : The type of pain addict will **not listen to the voice of the heart but only listen to the inner consciousness** . They live only to carry out certain social responsibilities and do not feel happy. Everything around them, including human emotions, is useless and false. My dreams do not make sense and they are merely imaginary images.

Reason : Stress and busyness of daily life add to the pain in the body, which is the main cause of pain. Most of us try to resist this pain, but sometimes it's easy to compromise with the suffering in life, so that we start to stay in our own pain. In a way, we begin to be addicted to pain and that pain will generate the empathy of others for us or our own for us. Addiction to pain can be so dangerous that it leads us to complete despair or sadness in life.

3. Delayed



Characteristics : This type of person is always waiting for good times to realize his dream. They are never sure about the present time and **delay their dreams** and goals for the future. They are people who always wait to meet the right opportunity and not create it themselves.

Reason : Delay today has become a part of everyday life. We can avoid certain things for tomorrow, but over time, **procrastination can become second instinct** . We continue to delay hope and desire for the future as if we are certain that tomorrow will be a better time, even though we are not even sure about existence in the oncoming moment. This delay is because we are **not confident enough in the present moment** (*sometimes due to laziness*). We feel tired, exhausted or may want to seek perfection. But whatever the reason, procrastination is just avoiding the current problems and bringing them into our future.

See also: Don't ever say "I don't know", try the following 4 ways to prove you're a good communicator

4. Live with me



(*Note: don't confuse me with pride*)

Characteristics : This type of person is living with **misconception about himself** . They connect with their possessions, whether tangible or invisible, as if they are themselves. These possessions can be the smartphone they bought most recently, the expensive collection of clothing and accessories, the relationship with the people they love . They feel so even in the thought of losing this possession, because without them they would be impossible - it was the same thinking that led them away from their dreams in life.

Reason : Since the beginning of our birth, each of us has gradually gotten used to what is called ego. First, we connect our personality to the toy, " *this is my toy* " and if the toy is broken we will cry because we feel that the toy is like something important important to ourselves. Over time our ego begins to expand our borders, not only in objects but also in our relationships, knowledge and looks. And by the time someone tries to attack our ego, we become aggressive. This aggression is also the cause of various quarrels (*because our point of view is self-perception and we never think we are wrong*).

For some people, ego becomes a " *radiant aura* " . Because these people overlook their dreams, even if they know very well that current conditions are not what they expect, they live in the pain of not fulfilling their dreams instead of pursuing them. it. These people know that they are weak and sometimes give up their current situation, which pushes them away from their dreams tens of thousands of miles away.

5. Live with the past



Characteristics : This type of person always lives with the past. They never live with the present moment. Negligence is the most prominent personality trait in them. They are always thinking about what happened before, how they used to behave or what others thought about what they said.

Reason : We all remember certain conversations in the head about past events, but when they become so frequent that you're always engrossed in thinking about things like: " *Why Why does he say that? Why do I behave like that? Or why do I have to do this, that thing .? "* You care more about what happened and that can push you away from reality.

Living with the past, whether good or bad, can often endanger dreams about the future because you will not have time to plan your actions for your future efforts. Your inspiration and dreams depend on the action plan outlined in the present, not in the past.

The 5 types of behaviors or behaviors mentioned above are present in each of us, more or less. The first step to controlling these harmful habits is that we must go through the process of **self-awareness** . When we recognize them and their effects on our lives, we will consciously **eliminate the harmful effects** . So pursue your dream with full self-awareness and to succeed in your life in joy.

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Having fun!

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