The Performance Trap

October 20, 2016 By Karen Hoyt

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Sometimes we get all caught up in trying to be what we think we should be or what others think we should be. I call it the Performance Trap. I'm not talking about performing for fun – like karaoke and stuff. I'm talking about putting on a show for others. Trying to act like somebody we are not. We can end up doing, and being, what others think we should be. Or we hold an ideal for ourselves to live up to and constantly fall short. While we want to be our best for ourselves and the people we care about, we can never lose sight of who we are. We can best serve our fellow man by first loving ourselves. Are you caught in a performance trap with Hepatitis C Liver Disease or HCC? Let's look closer…..

BTW – I'm not saying we should be lulled into thinking that we do not have to work on our weaknesses or limitations. Far from it! But, rejecting your weaknesses is rejecting YOU. Embrace all of your flaws as well as your gifts.

You might have performance trap if you can answer yes to the following questions:

- Do you do things in order to get praise from others?
- Is it hard for you to let someone get too close?
- If someone criticizes you, do you take it deeply personal and dwell on it?
- Do you hold back from trying new things for fear of failure?
- Is being alone hard for you because of the need for approval?

Beating the Performance Trap with Your Individuality and Passion

Bob Dylan was always focused on music. It was his passion. He spent much of his spare time growing up listening to music or honing his lyric writing and guitar playing skills. We've all scribbled down words on a page or a journal that spoke the truth that we felt.

Bob cared deeply about things. Many times others did not want to hear about them. So he wrote about them. His plain spoken gift has inspired a generation of political movements, musicians, and poets. He has also had criticism. He put out some influential Christian music during my teen years

that meant a lot to my personal growth. No matter what, he just keeps being Bob. He stepped away from the performance trap. Maybe that’s what I like about him so much is that he is honest about who he is and what he is passionate about.

Click here to find out how to focus on your individuality and passion.

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