The fear of rejection is an irrational fear that has you convinced that people won’t accept or approve of you due to your opinions, looks, personality, values, beliefs or behavior. No matter what it is, one thing is clear, this is a very debilitating fear that significantly influences your daily choices, decisions, and action. With that in mind, let’s explore six consequences of this debilitating fear and how it negatively influences our quality of life.

Prevents You From Sharing Your Personal Opinions.