

I Like Him But I'm Scared of a Relationship – A Relationship Expert Reveal Exactly What To Do

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Step up, take healthy risks with healthy people, and open yourself up to love



What happens when you are scared of a relationship, and you meet someone you like?

Being afraid of a relationship does not necessarily mean that you shouldn't have one.

We all go through many experiences in life in our various relationships-some good, some not. Each relationship that we have changes us and teaches us something about ourselves and others.

Fear is part of the human condition. and we will all experience it at times, especially when it comes to emotional risk.

There's nothing more scary than liking or loving someone, putting your heart out there, and being vulnerable. Fear of intimacy is a very common issue. We don't want to open ourselves up because we are afraid of being rejected or getting hurt. But getting hurt will not kill you, even if it feels that way.

When we get hurt, we can become stronger and develop more resiliency.

Resiliency is a key factor in strengthening our inner self and our psychological growth. We have a choice about whether to become bitter or better.

If you are scared of a relationship because you have not had many of them, maybe it is time to risk and get up and off the sidelines of life.

Nothing ventured, nothing gained. The greatest risk in life is to risk nothing and do nothing. As time goes on, most of us like people less often.

We become more picky, we know who we are, and we are able to read people more quickly and see-through false masks. So if you really like someone, seize the opportunity, because it may not come again anytime soon.

If you are scared because of painful past experiences, don't let that hold you back from having a future.

Your future does not have to be determined by your past. Seek professional help and learn more about yourself. You can gain tremendous insight about why you pick who you pick, and your role in relationships and how they develop.

If you want to attract a healthier person, work on becoming a healthier person.

There is no limit as to how much we can grow.

If you have met someone you like, give it a chance.

We learn how to have healthy relationships by being in them, not by just thinking about them. If he doesn't like you back the same way that you like him, oh well, at least you were in the game of life.

Most people regret the things they never did in life, not the things they did that didn't work out. Almost every time something doesn't work out, there's a good reason for it and there's something better ahead out there for you.

Step up, take healthy risks with healthy people, and open yourself up to love.

When you truly love another human being, it will be the greatest thing that ever happened in your life.

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