Fear can creep up on us at any moment. The fear of losing a person that we love can sneak up on us at any moment and if we are not properly prepared for it, we can succumb to its message. We ask ourselves, “Are we good enough for them?” or we comment to ourselves that the person we are involved with is not good enough for us.

These types of banter go back and forth in our minds because we are unsure if others really care about us.

To prevent from being hurt, we sometimes take the initiative to dismiss others out of our lives first, before we allow them the opportunity to dismiss us from their lives. It is a protective mechanism that we use because we live in fear.

There is an answer to help us identify these behaviors when we begin to feel fear upon us. When doubt or similar feelings come to us, we should look back and bring to mind some of the acts of kindness, goodness, generosity or patience that was shared with us. We should bring into view the good memories of the times that brought peace and joy into our lives.

These are the true moments when we spend quality time with people. These are the moments of blessings that brought fun and laughter into our hearts. Confusion and uncertainty can come to mind and make us feel that our relationships are not at a point that it should be at. But we have the choice to dismiss that type of thinking and find moments in our history that was good and prosperous. Those are the moments that we should build on. Those are the true moments that make our lives make sense.

We all have the ability to walk in faith, hope, peace and joy. When false thoughts come to us and try to pull our spirits down, we can go inward and pull out pleasant memories that will uplift us and encourage us until we meet again with our friend to build more and better memories.