

INTRO: Why People Behave Submissively

https://youtu.be/WNpx_c1iS5E

Why would anyone behave submissively?

Well, it turns out, there are pay-offs to behave submissively and, at times, there is also power in behaving submissively.

Here are the major reasons why people behave submissively:

1. Background / Family of Origin

Sometimes submission is transmitted along gender lineages. For example, submissive fathers grow submissive sons and submissive mothers grow submissive daughters.

Nurturing also plays a role, and households with submissive parents are more likely to grow submissive children.

It can also be cultural, with Japanese women presenting a higher incidence of passive and submissive behavior than, say, Western or black African women -or Mongolian women, if we want to stay in Asia-

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2. Out of Fear

Many naturally submissive people will not easily admit, but one of the most common reasons people are submissive is fear.

Most of the times, it's a fear of confrontation.

For these people, submission is a way of avoiding all possible troubles and altercations. It's their ticket to a "safe", quiet life.

In the long run, though submission in the face of abuse is everything but safe. Ongoing abuse and a life of swallowing our true feelings are very unhealthy, both emotionally and physically.

3. Approval Seeking

Some people see submission as the best way to get people's approval or, at least, to avoid people's negative judgment. They think, subconsciously, that by being passive and not "bothering" others, they will be liked more.

This is often reinforced from childhood when the "good children" were praised for not making waves.

You can see it in families with two different children: a misbehaving one and a "good" one. The good child became the "parent's favorite", praised and loved for being good and studious.

Those kids are at risk of becoming overly passive in life because of the early reinforcement placed on compliance, growing an unconscious fear of becoming like their bad brother.

4. It Makes for Easier Life

Some people are passive because they have no drive and place no demands on life.

The reward for being passive and submissive in these cases is an easy life.

Do what you're told, never break the rules, keep a low profile... And you'll live a simple, easy life.

This is not completely untrue as leaders shoulder more responsibilities and live a more hectic and demanding life.

However, there are plenty of ways to be an assertive, leader-like individual while also enjoying an easy and good life (for one, I don't think my life is any "hard" or "difficult").

5. As a Tool of Control

Finally, submission can also be a tool of control.

Pleading, begging, guilt-tripping, pouting, crying... these are all be submissive expressions that can work wonders to make people act the way we want.

Some psychologists, including Friz Perls, have argued that in close relationships the submissive party often ends up controlling the most aggressive party.

That's a big generalization and it's not always true, of course. But *in some cases*, it is. And some submissive people often use submission and passive aggression as tools of compliance.

Get Rid of Submission

As a rule of thumb, you want to avoid sending too many submission signals unless you are doing it on purpose *and* for a specific purpose.

A life too skewed on the submissive end of the spectrum is not optimal for your health, both mental and physical.

And second, by being too passive it will be harder for you to meet your true potential.

Overall the “advantages” of a submissive life pale in comparison to the disadvantages.

You are also easy picking for the more aggressive people.

The assholes of this world feed off submission, so by becoming more assertive, you do a favor to the world.

The next two lessons will show you exactly how submission looks like. This way, you can remove it for your repertoire and start acting more like the socially confident individual that you deserve to be.