

## **How to Stop Hiding Your Joy to Make Others Comfortable**

### **QUESTION:**

Why do I dim my light, happiness and success, so others won't feel uncomfortable, jealous, or left behind?

### **ANSWER:**

Hiding your joy is a learned form of self-betrayal. It often comes from environments where your light was shamed, mocked, or resented. You learned to play small not because joy is wrong, but because others couldn't hold the power of your light. The truth is: your joy is not a weapon, and it is *not* your responsibility to shrink it for anyone else.

### **1. Trace the Origin of the Habit**

Think back: when did you first learn it was safer to hide your joy? Was it when someone mocked your excitement? Rolled their eyes? Shamed your happiness? Recognising the root helps you see it's an old survival strategy, not a truth about joy itself.

### **2. Separate Your Joy from Their Reactions**

Other people's jealousy, discomfort, or dismissal says nothing about the value of your joy. Their inability to celebrate you reveals their wounds, not your mistake for expressing your joy.

### **3. Honour Joy as Sacred Fuel**

Joy is not frivolous. It's the energy that sustains you through dark seasons and hard challenges. When you hide it, you cut yourself off from your own resilience. Joy is meant to be honoured, not buried.

### **4. Practice Showing Your Joy Unapologetically**

The next time you feel excitement let it be visible. Smile. Share your news. Dance in your kitchen. Even if others can't handle it, practice showing it anyway. This retrains your nervous system to believe it's safe for you to be happy.

### **5. Build a Joy-Safe Circle**

Surround yourself with people who celebrate your wins without shrinking. Their presence will remind you that joy is not a threat – it's a gift that multiplies when shared.

### **6. Let Joy Be Your Brand**

In a world obsessed with branding let joy be one of the things you're known for. Regardless of what is happening around you bring some joy into the proceedings.

#### **Affirmation:**

My joy is my signature tune. I let it dance freely.

#### **Journal Prompts:**

1. Who first taught me to hide my joy?
2. What do I fear might happen if I show it?

3. How has hiding joy cost me energy or connection?
4. Who in my life celebrates my joy with me?
5. What small joy can I share today without apology?

**Visualisation:**

Imagine your inner joy is a torch. It lights the path ahead of you and keeps you focussed on your destination. As you shine your joyful light you manifest amazing things on your journey. Your joy is like a magnet that matches your vibration and brings wonderful things towards you. See yourself now attracting everything you've dreamed of - all thanks to your inner joy.

**Conclusion:**

You do not owe anyone the dimming of your joy. The world needs it, and you need it too.

**Final Thought:**

Your joy gives others permission to believe in their own.