

## When Sharing is advisable

You should hide your fears but share your courage; fears can only be shared with people you love and trust and feel comfortable talking to them about your private life and inner feelings; you must also feel that they love you and care for you and are able to understand your fears, sympathize with you, and willing to lend you a helping hand if needed to overcome your fears.

All things private are supposed to remain private; if they touch the lives of others they become public; and therefore they lose their privacy and deny you the opportunity to control them or hide them. People thus should not volunteer information about their private lives unless it is necessary for mental balance. Sharing of feelings therefore must be limited and have a purpose; otherwise, sharing becomes a way to hurt the self and may be others as well, and an action to be often regretted later.

To understand the meaning of something that bothers you, or to find explanation to a certain behavior you find offensive or strange, you need to go to those you trust most. However, trusting a person while seeking his or her help to understand something or to start a business venture or to seek advice is not enough; it could in fact be counterproductive. You have to trust not only the person but also his or her judgment regarding the issue in question. It means that you have to trust the person's business judgment if you are seeking a business partnership, or known wisdom if you are seeking personal advice, or knowledge if you are seeking an explanation to something you are unable to understand.

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