

"What if I'm not good enough?"

If you need to ask yourself whether you trust your partner, then you probably don't. Trusting your partner does not come about by debating in your head over whether you do or do not and then satisfying yourself with the conclusion that indeed yes, after deliberation, you have come to realize that you do in fact trust your partner. Instead, trusting your partner comes as silently trusting your partner without prolonged discourse in your mind over whether you do or don't.

Let us abstract this thought a bit more broadly. What does it mean if one finds themselves debating in their head over whether they are "enough," i.e., the famous "Am I good enough?" internal dialogue. Well, we arrive at a similar conclusion. If you are asking yourself this question, then you probably already know the answer, and you probably already know that the answer is no.

The proposition I wish to defend in this writing is the following: this realization is good news. How does one battle anxiety? What most people will try to do is convince themselves that the thing they fear won't happen. For example, say someone fears being cheated on. They will feel the threat of this and respond to it by brainwashing themselves inside their own minds with convictions and arguments which insist that they do not have to worry about this and that their partner could never do such a thing ("Forget about that one time at that party; they said it was meaningless, and I trust them!"). This will result in a discussion (or more likely an argument) with the partner, where they are likely to be questioned, policed, have their character attacked, etc. Most notably, though, no anxiety would have been cured, and so further safety would be yet to be achieved.

What is happening here is that the person experiencing fear is trying to turn the low-chance thing (here, being cheated on) into a no-chance thing. This transformation is impossible; there simply does exist a chance that your partner will cheat on you, and even marrying the most devout nun in the village cannot turn this probability to zero.

So you do not have the chance to remove the possibility of scary things happening, but you do have a chance of living happily and peacefully in spite of this fact. If you build yourself in character and in mind, you will be able to transform yourself into somebody who is strong enough to handle the bad thing happening, even if it were to occur.

Say you were in fact cheated on. Then what would happen next? Realistically, step through it. What do you believe would happen next? You would feel a big sense of betrayal, possibly embarrassment, lots of hurt, you would feel very shaken, and quite shocked. Then there would be a process of coming to accept that this has happened. Your understanding of your situation would change, there would be many difficult conversations between many different people, or lack thereof, and over time your response and your future would become clearer, and then you would action whatever decision has been made. That sounds uncomfortable, difficult, hard, and as though the person going through all of that will be deserving of compassion, love, patience, and support (ideally wisdom too).

That can be done. In fact, it can be done with honour, fairness, and humanity. It is not a process which one will wish upon themselves, but it is also a situation which is possible to go through if strength and integrity have been previously acquired.

Lastly, there is the important following point: you need to decide in a circumstance such as the above, for which it will be necessary that you can listen to yourself.

We now have an answer to our question, how does one battle anxiety? By developing strength and ability to practice acceptance. Acceptance of circumstance, to be precise. Let's apply this to the title question. How do you battle fear of not being good enough? The answer is accepted that you probably are not.

The truth is, if you're asking yourself whether you're "good enough," you already know the answer. You're not. Not in the way you've imagined, not in the way you're desperately trying to force yourself to be. And that's the truth you're avoiding.

So, what do you do with it? Stop pretending like it's going to magically change. Stop trying to convince yourself that one day you'll just be enough. That's a lie you've been telling yourself. It's easier to hide in the illusion of potential than to face the reality that you are not perfect. There's no moment where you'll suddenly tick every box you think you should. You're not going to wake up one day and feel "good enough."

Now, here's the kicker: this isn't some tragic news. In fact, it's probably the best news you'll hear. You can't solve the problem of not being enough by trying to be perfect. You don't get to remove that doubt. The sooner you accept that, the sooner you can stop fighting an impossible battle. And guess what? That's where your power lies.

The people who tell you to ignore the fear, to pretend it's not there, are lying and should be ignored. Anxiety isn't fought by pretending it doesn't exist. It's fought by accepting that it will exist and still moving forward anyway. So that when the thing you fear happens—because it will, sooner or later—you're not left crumbling in disbelief. You're not caught up in trying to deny the truth. You've already made peace with the worst-case scenario, and you're able to act from a place of clarity.

That's how you battle fear. Stop lying to yourself. Stop looking for a way out. You don't get to erase your flaws. They're part of the deal. But they don't have to own you. You can't make yourself invincible. What you can do is make yourself strong enough to handle things falling apart. And when they do, you won't break. That's the only guarantee you'll ever have. The rest is just noise.

If you want to get past fear of not being enough, stop pretending it's something you can fix. It's not a problem to solve. It's a fact to accept. And in that acceptance, there's a strange kind of peace. Not the kind that comes from "getting it right," but the kind that comes from facing everything head-on, knowing full well that you'll never be enough—and still being okay with it.