

# Suspicion Is Heavy Armor: How It Impedes More Than It Protects

Suspicion is a common human emotion. We all experience it from time to time, whether it's directed towards a stranger, a coworker, or even a loved one. While suspicion can be helpful in protecting us from potential threats, it can also be a heavy burden to bear.



## Robert Burns, The Poetry Of: "Suspicion is a heavy armor and with its weight it impedes more than it protects." by Robert Burns

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## The Benefits of Suspicion

In some cases, suspicion can be a good thing. It can help us to:

- Identify potential threats
- Avoid dangerous situations
- Protect ourselves from being taken advantage of

For example, if you're walking down the street at night and you see someone approaching you who looks suspicious, your suspicion may help you to avoid a potentially dangerous situation.

## **The Drawbacks of Suspicion**

However, suspicion can also have a number of negative consequences. It can:

- Lead to distrust and isolation
- Make it difficult to form meaningful relationships
- Interfere with our ability to enjoy life

For example, if you're constantly suspicious of your partner, it can make it difficult to trust them and build a strong relationship.

## **How to Overcome Suspicion**

If you find that suspicion is negatively impacting your life, there are a few things you can do to overcome it.

- Identify the source of your suspicion
- Challenge your negative thoughts
- Seek professional help

### **Identify the source of your suspicion**

The first step to overcoming suspicion is to identify the source of it. What are you afraid of? What has caused you to become suspicious? Once you know the source of your suspicion, you can start to challenge it.

## Challenge your negative thoughts

When you find yourself having suspicious thoughts, challenge them. Ask yourself if there is any evidence to support your suspicions. Are you basing your suspicions on facts or on your own fears and insecurities?

## Seek professional help

If you're struggling to overcome suspicion on your own, don't hesitate to seek professional help. A therapist can help you to identify the source of your suspicion and develop coping mechanisms for dealing with it.

Suspicion is a complex emotion that can have both positive and negative consequences. While it can be helpful in protecting us from potential threats, it can also weigh us down and prevent us from living our lives to the fullest. If you find that suspicion is negatively impacting your life, there are a few things you can do to overcome it.



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