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## FAME SUPPRESSION: HOW TO DEAL WITH IT?

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### ABSTRACT

*In this planet earth, there are fame suppressors. They always waste their time and energy in pulling others down. We have a question for this group of people. What are you doing to improve yourself? It is high time that we stop suppressing each other's fame and support each other. This will make a better individual, organisation nation and the world. There is need to find potential in others, give them the chance and give them the weapon for growth they can also fight and win. No one is unable as everyone was put here on earth for a purpose, for a mission and vision. We must not be found taking part in suppressing each other's fame as we will be degrading ourselves by doing that. We need to hold each other's hand and help each other stand up and be counted as well as helping each other to cross over.*

**KEY WORDS:** *Fame, suppression, Fame suppression, fame suppressor, bully, emotional intelligence, vision, learning, achievements, leader, leadership, empowerment, team work, purpose mission. knowledge*

### 1. INTRODUCTION

Positive leaders create opportunities for others. Negative leaders shut doors to opportunities (Nyoni, 2019). Delilla in an African Move Series vividly declares “do not walk in front of me, I might not follow, do not walk behind me, I might not lead, just walk besides me and we become friends”. It is the walking besides of each other that produces synergy, connection, friendship and teamwork. Walking besides each other results in complementing each other and compensating each other's weaknesses. Khera (2010:3) avers that “each of us by virtue of being born in this country, took an unwritten oath to build and uphold the integrity of the nation. The question is are we doing so?”.

### 2. WHAT IS FAME?

The state of being known or recognised by many people because of your achievements, skills, talent, knowledge, capabilities, knowledge and wisdom.

### 3. WHAT IS SUPPRESSION?

The action of subduing something such as an activity or publication. It involves hindering someone from achieving something. Hubbard (2008) was able to see through the complexities of human behavior and discover the underlying factors which explain the phenomenon of **suppression** in people-for it is suppression by others that causes these seemingly haphazard events. In the excerpts from his writings, you will find out how to recognize people who wish you ill and those who should be your friends. You will discover why some people do poorly in life and how

you can help them regain their well-being. You will learn about the mechanics behind this destructive yet commonplace situation and ways to counteract it.

#### **4. SIGNS OF A FAME SUPPRESSOR**

The following are signs that point to a fame suppressor:

- Never seeing good in others but thinking that you are the only one who can do it.
- You pull others down by negative comments.
- Feeling threatened by someone's abilities.
- You do not give others chances to showcase their talent, skills, experiences, competence and knowledge.
- Taking part in hindering someone's progression.
- Making impulsive decisions on someone without practicing critical thinking.
- Not involving others.
- Not acknowledging the good work of others.
- Ego.
- Use others for personal benefits.

#### **5. CAUSES OF FAME SUPPRESSION**

The following are some of the causes of fame suppression:

##### **The know it all ego**

Khera (2010:82) opines that people who have a know-it all attitude are forever trying to put others down. These people look down on everyone around them. The decisions that they take are more towards satisfying their own ego, than making sense of a situation to provide a solution to it. Khera asks why a human being treats other human being as inferior? He provides an answer that there are people in this world who feel good when others feel bad and called this sadistic behavior. Nyoni (2019) also concurs with his assertion that "weak leaders know it all, strong leaders are always learning. This follows that a weak leader will be having some learning disabilities in terms of attitudes and character.

##### **Inferiority complex**

This is a doubt, uncertainty about oneself. A feeling that someone is better than you. The person then tries to show a compensatory behavior which involves pulling each other down.

##### **The way someone was socialised**

The way we are socialised plays a great role in what we become and in our behavior. All things are not always equal in society. In as much as we learn good things from the society, the society can also give the products of fame suppressors.

#### **Lack of emotional intelligence**

Emotional intelligence is the ability to understand one's moods and emotions as well as the moods and emotions of others (Mutongi and Mwerahari, 2018). The inability to understand your moods and emotions results in an inability to control them and act inappropriately. It also results in lack of empathy.

#### **Lack of leadership qualities**

Marxwell (1999) alludes that he who thinks he/she leads but has no followers, is only taking a walk. He goes on to say that no matter what anybody else tells you, remember leadership is influence, nothing more nothing less. There is no way one can influence if he/she suppresses others' fame. Schnarch (2018) avers that people who cannot control themselves control the people around them. This shows lack of leadership qualities as leadership is not command and control but the willingness of people to follow you because of your influence. A leader should build other leaders. How can one builds leaders if he/she suppresses their fame. Extending your candle to light someone's candle does not make your less bright but it actually makes the room brighter. Sharing your knowledge does not consume it neither does it reduce it, but it actually multiples your knowledge. Knowledge shared is actually knowledge multiplied.

#### **Competition for fame**

Today, individuals compete fiercely with each other to advance in education, career etc., and this sometimes leads to feeling of animosity and envy. It is important that we deal with the situation smartly to avoid any unnecessary obstacles in our daily lives (Socialmettle.com). There is no need to compete with each other as we are unique.

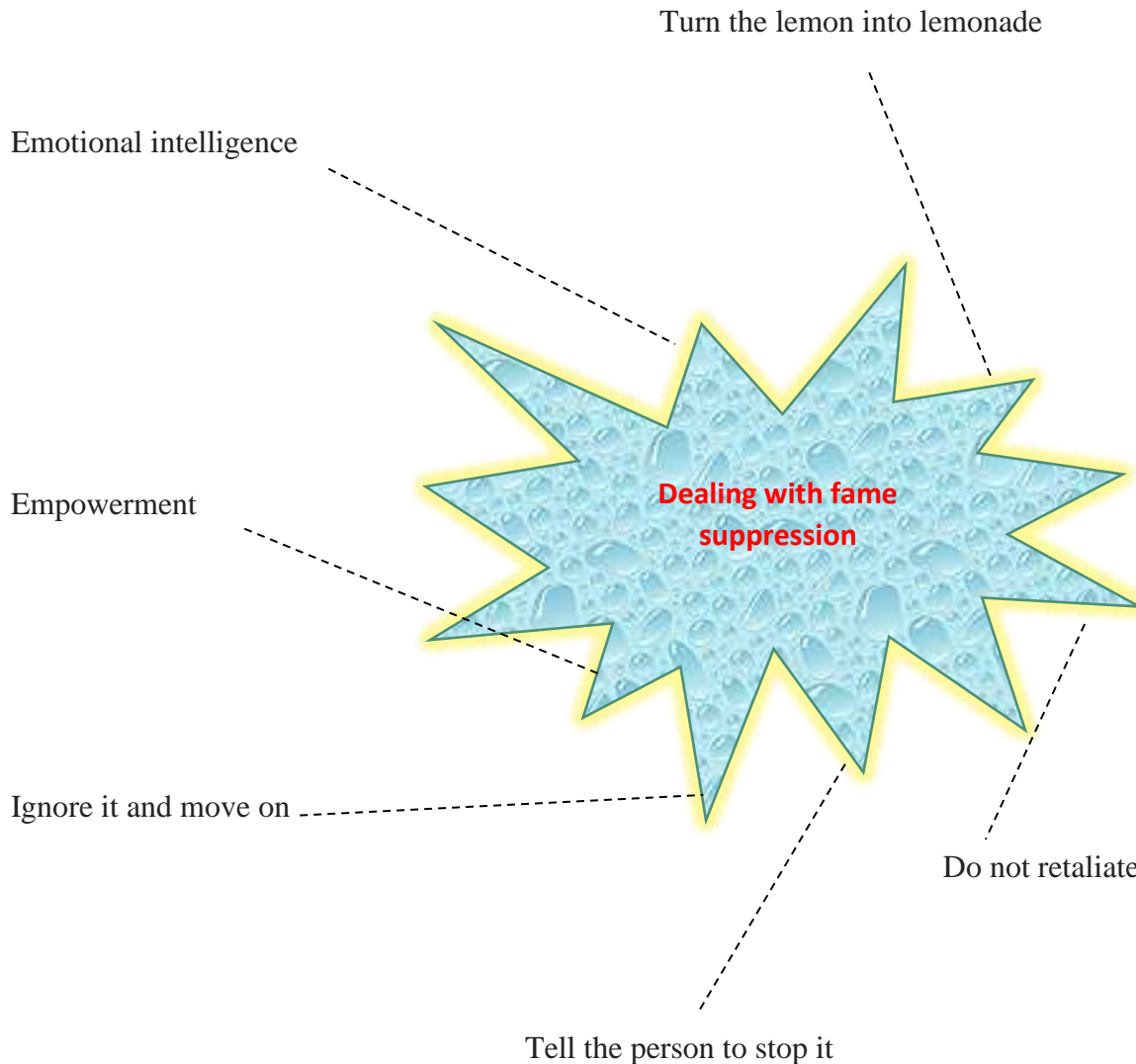
#### **Feeling threatened**

Backman (2018) gives the following signs that shows someone feels threatened:

- You are excluded from meetings you should be a part of.
- You are constantly being criticized.
- Your days are suddenly filled with busy work.
- Your boss no longer asks for your input or opinion.
- Your boss stops being available to you.

## 6. SOLVING FAME SUPPRESSION

Figure 1 shows ways of dealing with fame suppression to allow fame explosion.



**Figure 1: Fame explosion**

Copi (1982) avers that all reasoning is thinking but not all thinking is reasoning. Griffin (2018) advocates for the following ways of dealing with fame suppression:

- Avoid reacting immediately. When someone puts you down, deal with it by not immediately reacting to him,
- Do not retaliate. You may want to respond with a put-down of your own, but doing this can make you seem as petty as her/him.

- Ignore it.
- Tell the person to stop.

### **Turn the lemon into lemonade**

Fame suppression, threats, challenges and being pulled down upon can actually strengthen your character and you become a better person. These negative aspects are a necessity in society as they give birth to creativity and innovation. They can actually make you stronger and be ready for any opportunities

and eventualities in life. Maxwell (2000:101) opines that if you have been avoiding problems, go out looking for them. You will only get better if you gain experience dealing with them. Problems are a sign of life. A problem is inherently good, not inherently bad as it commonly supposed (Peale, 1998). There is need to research about your problem, understand it and acquire great knowledge about the problem. You become a leader in helping others with similar or almost similar problems, since you would have conquered yours.

### Empowerment

Only secure leaders give power to others (Maxwell,1999). A leader should be in a position to give power to others so as to grow. The more you belittle others you are not growing yourself as a leader. A leader should be in a position to produce other leaders. This cannot be done through suppressing each other's fame but making the candle of other brighter.

### 7. RECOMMENDATIONS

The following recommendations are called for to build a better world:

- There is need for continuous learning in order to do away with fame suppression. The more a person learns, the more he/she realizes his/her incompetence, mistakes and ignorance. A person will then take measure to solve them.
- Walk besides each other as walking in front of others, might betray you as there might be no followers behind you.
- Never look down upon someone because you would not know what tomorrow holds for you and that person.
- Give others a room to grow their fame and cultivate that fame through providing an enabling environment.
- Enable other to showcase what they are made of, as we all have some great potentials. If you are not seeing it in others then there is need for lances to see that potential as everyone was created for a purpose, in this case positive purpose.
- Get knowledge about your problem and solve it without being emotional.

### 8. CONCLUSION

Fame suppression need to be managed in order to progress with the fame. Fame suppressors are a result

of the feeling of inferiority and insecurity. Even though there are fame suppressors, the ability to identify them and aware of their intentions is critical such that you would not give on your fame. Fame suppression is a sign of lack of leadership qualities. There is need to support and promote each other's fame for growth and development.

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