Handling Insecurity
By Jake Lawson

In order to overcome insecurity, people need to:

- Be willing to be put in vulnerable positions in life where they might get hurt.
- Take risks to change their current behaviour.
- Trust others enough to expose themselves to them, risking vulnerability and the possibility of being hurt.
- Have a healthy and humorous belief in themselves in order to overlook their exaggerated need for acceptance and approval.
- Take a rational approach to each problem they face so that they are no longer inhibited by debilitating fears or beliefs.
- Practice assertive behaviour in their lives, earning respect and the acknowledgment of their rights.
- Arouse the courage to take small steps in learning to experience success and overcoming their lack of belief in self. Once the success is experienced, they can build on it to gain the courage to act out of a strong conviction in their self-goodness and worth.
- Break the barrier or outer shell of the self-doubt they have hidden behind and reach out to others. Breaking out of their "shells" requires letting go of past hurts (real or imagined) and moving on with life.
- Open themselves to the possibility of success and accomplishment. Visualize or make a prophecy of winning at life so their energies are focused in a growth direction.
- Reward themselves for who they are and capitalize on their strengths, attributes, skills and competencies.
What steps can people take to handle insecurity?

Step 1: Answer the following questions in your journal:

a) What behaviour traits signal my insecurity?
b) What happened in my past to make me insecure?
c) What are some of my beliefs that account for my insecurity?
d) What are some negative consequences I’ve experienced due to my insecurity?
e) What behaviour traits do I need to develop in order to overcome my insecurity?

Step 2: After identifying your insecurity, how can you handle it? Answer the following questions in your journal:

a) What substitute behaviour traits could I develop that would indicate security in myself?
b) What are some positive consequences of exhibiting such secure behaviour traits in my life?
c) What are some rational beliefs I must develop in order to exhibit secure behaviour in my life?
d) How will my life change if I exhibit secure behaviour?
e) What is my action plan to develop security in my life?
f) What obstacles stand in the way of my executing this action plan?
g) How can I overcome the obstacles to my development of self-confidence and security?

Step 3: Implement the plan of action in Step 2. Keep a log in your journal as you go through each stage of handling your insecurity.

Step 4: The following project is designed to help you develop secure behaviour by learning about yourself through the eyes of the other people in your life.

"Overcoming Insecurity" Collage

Ask at least 6 close friends and/or relatives to assist you in making a collage. Tell them you have been assigned to make a collage about yourself for school, work or a club project. All collages must be 2 by 3 feet. The collage must be completed within 2 weeks of the time you ask your friends and/or relatives to help you. Ask them to send you magazine pictures, sayings, articles, photos, prizes, trinkets, cards, drawings, objects, ribbons, etc., indicative of the various strengths, attributes, talents, skills, knowledge, virtues, competencies or abilities you possess. Ask them to send a short explanation with each item they send you. Ask each person to send at least ten items.

Once you gather the items, paste them on poster board in collage fashion. On the back of the collage paste the explanations for the items.

Share your collage with your friends, family and helpers. Explain each item on the collage, and explain that they have helped you overcome some of your personal insecurity by giving accurate and honest feedback on reasons why you should feel secure and good about yourself.

Step 5: If you are still feeling insecure after completing Steps 1 through 4, review the material, return to Step 1 and begin again.