What are some negative effects of insecurity?

People who are insecure can:

- Have difficulties in establishing healthy, long-lasting relationships.
- Be perceived incorrectly by others as being snobbish or uppity.
- Become victims of fears that impair their freedom of action or choice.
- Be candidates for paranoia feeling others are out to get them.
- Scare others away from them by their defensive attitude.
- Be over-controlled emotionally, having problems letting others in on their emotions. This can lead others to guess what is going on until the passivity of the insecure person leads to an over-reaction by the others, resulting in conflict or rejection.
- Have problems on the job or in school when they have the knowledge, skills and abilities to do a task efficiently but are told to do it in a different, less effective manner. They get so uptight about the job and are fearful of standing up for what they believe that they get angry, hostile and resentful until they either quit or succeed in submerging their emotions.
- Get passed over for promotions, advances or honours because they are so quiet about what it is they do. This leads the insecure persons to feel more unaccepted, unappreciated and under-valued.
- Have problems meeting people and often can become debilitated socially by chronic shyness.
- Become so inward that they seek to escape into their fantasy life rather than deal with the reality of their lives.

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