

Emotional Insecurity - A lack of a grounded and positive sense of identity. Someone lacking confidence, lacking trust and/or belief in one's self; having a pervasive sense of vulnerability and inadequacy.

"Passive" Manifestations of Insecurity:

- The successes and blessings of others makes them feel inadequate
- Makes self-depreciating jokes about themselves
- Fears honest feedback and evaluation
- Feels that they have little to offer anyone
- Overly critical of themselves
- Devastated by personal failure
- Compares themselves to others
- Feelings of inferiority
- Pleaser (to protect self)
- Easily hurt by others
- Gossip - speaks critically or sarcastically of others
- Moodiness used to manipulate others
- Unrealistic expectations of self
- Puts themselves down (often in a bid for affirmation & attention)
- Submissive - gains reassurance by being dominated by or dependent on others
- Allows others to make decisions for them
- Failure confirms a low opinion of self

"Aggressive" Manifestations of Insecurity:

- The successes and blessings of others makes them feel competitive
- Puts others down (in a bid to make themselves look and feel better)
- Rejects honest feedback and evaluation
- Unable to learn from anyone or at least most people
- Overly critical of others
- Compares themselves to others
- Determination to be superior
- Dominator (to protect self)
- Easily provoked or insulted by others
- Gossip - speaks critically or sarcastically of others
- Moodiness used as an excuse attack or dominate others
- Unrealistic expectations of others
- Controlling - gains reassurance by dominating others
- Makes decisions for other people without asking for input or advice
- Personal failure is dismissed, rejected, or blamed on something or someone else because they are not strong enough to face it.

Manifestations of Healthy Confidence:

- Easily celebrates the successes and blessings of others
- Assertive
- Makes healthy jokes about themselves
- Invites honest feedback and evaluation
- Willingness to learn from everyone
- Grounded/Humble in their opinions of themselves and others
- Sees failure as a part of the learning process
- Compares themselves to their past self
- Centered in a relationship with God
- Commitment to do what's right
- Focused on a higher purpose
- Takes responsibility for their own actions and attitudes
- Speaks of themselves and others in process oriented ways
- Gracious & Honest in their opinions of themselves & others
- Gains reassurance from past achievements, displays of character, and experiences with God
- Seeks advice and then makes their own decision
- Commitment to what is good, right, and true
- Trusts God with feelings of vulnerability and accepts them
- Failure is an opportunity for growth
- Concerned about what self and God think of you

Things to do about Insecurity:

- Don't compare yourself to others, compare the present you to the past you.
- Live for something greater than yourself. Focus on a higher purpose.
- Be gracious with yourself and seek humility. Gracious humility is groundedness.
- Build on past successes of competence, character, and faith - remember those stories.
- Ask, "What character qualities am I living out?"
- Ask, "Given what I knew at the time, did I make the best decision? What character qualities did my decision reveal in me? Knowing what I know now, what would I do differently?"
- Ask, "What am I depending on God for?"
- Applaud yourself for growth, effort, good decision-making, and choices of faith.
- Ask, "How am I growing toward Jesus - in my character, competencies, and faith?"
- Learn to accept the vulnerability that comes with being human.
- Remember, heroes are scared - they just do the right thing anyway - it's called courage.
- Remember, your insecurities are almost always invisible to others - they can't see them.
- If you build self-respect (who I am), self-esteem (how I feel about myself) will follow, but not the other way around.
- Strive for progress, not perfection. Aim for being a good human.
- Study and listen for what God says about you. See Psalm 139 and Genesis 1:27.

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