

## Resources for Understanding Insecurity

Articles:

Signs of Insecurity

<https://www.webmd.com/mental-health/signs-insecurity>

Youtube Videos:

What You Need to Know about Insecurity

[https://www.youtube.com/watch?v=il24jDGaFjQ&ab\\_channel=Let%E2%80%99sTalkAboutMentalHealth](https://www.youtube.com/watch?v=il24jDGaFjQ&ab_channel=Let%E2%80%99sTalkAboutMentalHealth)

How to deal with insecurity

[https://www.youtube.com/watch?v=ux3OzTAXGKq&ab\\_channel=Let%E2%80%99sTalkAboutMentalHealth](https://www.youtube.com/watch?v=ux3OzTAXGKq&ab_channel=Let%E2%80%99sTalkAboutMentalHealth)

Below are some notes I took from the above resources and in my own thinking as I prepared for teaching. - Zach

Definition of insecurity: uncertainty or anxiety about **oneself**; The feeling of not being good enough (Based on the Oxford English Dictionary)

### **Causes of insecurity:**

1. Trauma
2. Bullying
3. Rejection
4. Failure
5. Comparison (often through social media)
6. Loneliness
7. Perfectionism
8. Past criticisms
9. Inner voice

**Types of Insecurity** (I left out job insecurity because I don't think our teens relate to this as much)

1. Relational insecurity: Parents and guardians haven't been supportive and reliable, which results in negative self-image and seeking out unhealthy relationships.
2. Body Image insecurity: Measuring ourselves up to an unrealistic standard
  - a. People with every body type feel insecure.
  - b. We look in the mirror and there's something we wish we could change
3. Social insecurity: The way others see us.

### **Signs of insecurity (things that result from insecurity):**

1. Low self-esteem: You think badly about yourself and your abilities.

2. Perfectionism: You're unsatisfied with yourself and your efforts. You need to control things and don't stop working on something until it's perfect.
3. People-pleasing: You'll do anything, including sacrificing your own well-being or compromising your values and boundaries, to make others happy or improve their image of you.
4. Emotional distance: You avoid social interactions and isolate yourself.
5. Emotional dependence (the opposite of #4): You're afraid to be alone and rely on relationships to make you feel okay or good enough. You fantasize about the perfect relationship and never feel fulfilled. You stay in relationships or friendships that are unwise because you don't want to be alone.
6. Surface-level relationships: You're afraid to be vulnerable or share about yourself, because then people will see the "real you" and not like what they see. You avoid intimacy.

### **How to deal with insecurity:**

1. Have a broad and meaningful community
2. Learn to trust and be vulnerable with the right people.
3. Remember that nobody is perfect.
4. Spend less time on social media.
  - a. Turn off notifications, turn off likes
5. Embrace God's unconditional love for you
  - a. Preach the gospel to yourself.
  - b. Put Psalm 139 on your mirror.

### **Mental CPR**

**Confront** - acknowledge the insecurity you're feeling

**Process** - understand what you're feeling and *why* you're feeling it. (Search me and know me, O God)

**Release** - Let it go. Let go of the past (ask God to help you let go of it)

**Substitute** - Focus on the positive and the truth (God has made you beautifully and wonderful. You are forgiven and loved)