

TerrificMentors

WHY ARE YOU INSECURE?

John Bittleston

John.Bittleston@TerrificMentors.com

Business and Personal Mentor, Founder Mentor

Terrific Mentors Pte Ltd

Why do people attack you when you are scared of them?

Have you noticed that the small, insignificant person is often the one at the back of the queue? Do you watch in awe as the Big Man bosses his way around? Can you spot the vulnerable as easily as can the conman or thief?

We all know that the bully heads for the person who looks timid and afraid. It's easy to build on insecurity in someone and make him or her even more uncertain of themselves and their capabilities. But are insecurity and uncertainty the same things? We cannot be certain about everything - or, indeed, about many things - but we can be secure.

There's a belief that animals can tell when someone is scared of them. They are supposed to be able to pick up a scent that gives them the upper hand. Whether that is true I'm not sure but I do know that people working with animals quickly learn to be confident and firm with them, never threatening, never cruel. A wounded animal will let you handle it quite safely if you are strong but gentle.

People are very similar. We make judgements about others as soon as we see them for the first time. Those judgements are not always right, of course, but they it is amazing how often they turn out to be correct. When I am interviewing staff I always make a note of the very first impression they make on me. I put it away somewhere and refer to it later on. It is right about ninety percent of the time.

Do we always attack the timid? No, there are people who help them. There are those who try to bring them out of themselves and make them appear more assertive. There are many who collect 'lame ducks' because they have themselves had poor treatment in life and they try to save others from the worst consequences of similar disadvantage.

If you are a naturally insecure person can you correct the fault? (Oh, yes, it is a fault, believe me, and a very dangerous one, too.)

It is quite possible to overcome insecurity once you know the cause of it but you have to be clear that you admit that it is your problem and not the problem of everyone else. Insecurity is a form of arrogance. People are often surprised when I say that. Surely this cringing, self-effacing person isn't arrogant? We always associate arrogance with loud-mouthed, boastful people, but they are not really arrogant. Paradoxically, they are the truly insecure ones.

Arrogance is thinking you are more important than you are. It's as simple as that. The person who exhibits insecurity is really saying 'Oh, dear, I may not live up to some (imagined) standard and the impression I make may not put me in a good enough light'. That is arrogance. Who says you have to have the imagined standard? You are you, not some figment of another's imagination.

Here's a little thought you might like to print out and keep on your dressing table or desk. I wrote it many years ago for someone I was afraid might commit suicide. I'm glad to say it worked and they didn't. It went like this:

TerrificMentors

You are unique. There is nobody else in the world exactly like you. There never has been and there never will be. You are unique.

That uniqueness makes you wholly acceptable. How could someone who has never existed before and will never exist again be unacceptable? It is not possible. You may do unacceptable things from time to time. We all do. You may be ashamed of yourself on occasion. We all are. You may, now and then, despair of your ability to improve yourself. You are not alone in that. But you are unique.

See yourself as you are. Not perfect, not a genius, not a saint but wholly acceptable. If you do you will learn to love yourself. Not a narcissistic love, not a selfish love, not a love that excludes others but a love that recognises that not only are you unique, so is everyone else.

If you follow the tenets of any religion you will know that it is a prime commandment that you love your neighbour 'as yourself'. You cannot do this until you love yourself.

And you do love yourself because you are unique.

Meditate on this from time to time. It is the basis of security.

The moment of dayspring is not a change in the exterior or visible world.
It is an alteration of the heart.
Anne Wroe

If you have not examined your EI (Emotional Intelligence) recently maybe you should review it now.
Contact us for more information.

Terrific Mentors help people in Business, Career and their Personal Lives
<http://www.TerrificMentors.com>