



*TerrificMentors International*

*The Seal of Good Mentoring*

*A Mentor is like a Ship's Pilot, there for stormy weather and tricky waters  
The Captain remains in charge; the Pilot helps him navigate  
"Master's Orders, Pilot's Advice" always remains the rule*

## **Why are you insecure?**

John Bittleston

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. I think that is true and 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:



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## **YOU ARE UNIQUE**

*You are unique. Each person is unique.*

*That uniqueness makes you a whole, complete and satisfactory person.*

*That doesn't mean that everything you do is right or wise.*

*Like everyone else you do wrong and foolish things from time to time.*

*Perhaps often.*

*But they can never alter your uniqueness, your wholeness,  
your completeness, your being satisfactory.*

*Because of this you can accept and love yourself.*

*You must accept and love yourself.*

*How else can you love your neighbour as yourself?*

*This love must be a quiet, accepting love, as all the best love is.*

*A love that doesn't criticise, that doesn't indulge in the futility of complaint,  
that doesn't seek constant reassurance*

*(because it isn't necessary, you are whole, complete, satisfactory).*

*And the first object of your quiet, confident, uncomplaining love is you.*

*After that all other love follows - without effort, without demand,  
without fear and, at the end, without loss.*

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

John Bittleston

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. We run programmes in **The New Quotients**.

An informal chat is free.

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