

# Are you insecure?

Work on raising your self esteem and gaining self confidence.

**H**ow many times have we faced situations when we felt things have fallen apart for no apparent reason or our opinions weren't taken seriously? 'Quite often' would be the answer. Our personal and professional lives create a maze that we find difficult to navigate. At work, we become jealous of our peers. In love, we blame it on the suspicious nature of the partner. However strange it sounds, we are solely responsible for complicating our lives. The cause of our misery lies hidden at a subconscious level.

## What triggers insecurity?

When we look at ourselves, what do we see and how do we feel about ourselves? A certain level of insecurity is prevalent in most people. But when insecurity becomes a hindrance to our life, we have to consider why we succumb to anxieties about ourselves. If we don't identify the root cause, our potential for a better life can be strangled by our inhibitions and patterns of failure follow us like ghosts from our past.

## A few pointers

- Firstly, we need to understand that what irks us the most about others are actually weaknesses within us that need immediate attention.

*Example:* Sometimes, when our boss gets impatient with us for things we consider

'Hope is the power that gives us the ability to step out and try.'

insignificant, we tend to get offended. In such cases, we really need to sit back and reflect on our reaction. Once we introspect, accept and overcome our weaknesses, we will notice a positive transformation around us.

- Secondly, the way people treat us is a reflection of how we believe, we deserve to be treated.

*Example:* Most of us want others to treat us well, but deep down, we may have a poor perceptions of our own self. As a result, people around us treat us in the same manner.

Some of us have the habit of anticipating negative things, jumping to conclusions

and believing it to be true. Hence, our actions become the byproducts of our imagination. We have to understand that any change, positive or negative has an element of insecurity attached to it - like a necessary evil. The key aspect is to keep faith and be patient

In the subsequent issues, we shall discuss ways to overcome insecurities and heal them. Till then, continue to spread cheer.



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