



## Examining Our Insecurities

### Read First:

As one would expect, a group activity about discussing insecurities can lead to some hurt feelings if not done carefully. Sometimes the tendency of people in a group setting may be to laugh at one another's insecurities. Laughter can be a good thing sometimes but not at the expense of another's feelings. Therefore this group activity may be better suited for a group where some trust has already been established. If that is the case start with some ground rules and guidelines:

### Examining Our Insecurities – Guidelines for Group Discussion:

**Insecurity defined** - noun, plural **insecurities**.

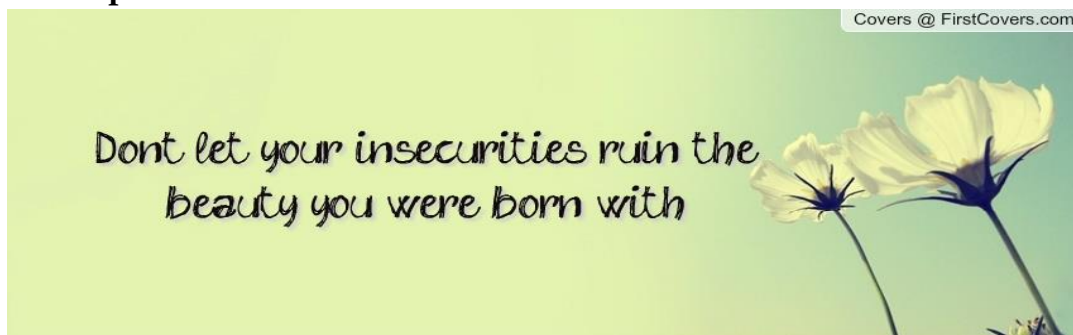
- Lack of confidence or assurance; self-doubt: *He is plagued by insecurity.*
- The quality or state of being insecure, instability: *the insecurity of her financial position.*
- Synonyms: *shakiness, vulnerability.*

### **Review and discuss the following – Do you Agree or Disagree?**

1. Everyone has had insecurities at some point in their life.
2. Someone can appear “strong” on the outside but can still have insecurities on the inside
3. It can be tempting to laugh at other people's insecurities. To avoid that we should try to be mature and understanding by displaying empathy and compassion for others, the same way we would want others to behave toward us
4. People who say they have no insecurities may even be more insecure than those who are willing to admit them
5. Often it takes more courage to recognize and then face our insecurities than to simply hide them from our self and from others.

**If after discussing the above 1-5, the group should show readiness to participate according to the following ground rules:**

- **Be sensitive**
- **Be empathetic (understanding of others)**
- **Be respectful**





## Examining Our Insecurities: Activity -

1. Everyone get a pen and four equal sized pieces of paper
2. On each of the first three pieces of paper write down something that you are insecure about (one per paper) Keep in mind your answers will remain anonymous.
  - a. On one paper describe a FEAR – (For example “I am afraid that I won’t live up to my family’s expectations of me and I will end up being a failure in their eyes”)
  - b. On one paper write about an area where you LACK CONFIDENCE – (For example: “Sometimes I feel like I am not being a good parent to my kids”)
  - c. On the third piece of paper write about an insecurity that comes from your PAST that still may affect you today (For example: When I was younger I never felt like I was as smart as everyone else and I still feel that way today sometimes”)
  - d. On the fourth piece of paper write down an interesting thing that someone may be insecure about but that is NOT TRUE FOR YOU (Consider this an added “decoy” so no one will really know your true insecurities without you telling them)

**PROCESS -** When done, pass all the papers up to the counselor to review them with the group one by one. Discuss each one using the following guidelines

1. **Empathy and Sensitivity** – Can anyone in the group understand where this person is coming from with regard to their insecurity? In other words, why might someone feel this way? (Keep in mind: saying you understand this insecurity does not mean that you are saying it is true in your case)
2. **Support and advice** – Does anyone in the group have any advice or wisdom they can share about overcoming this insecurity?

**Go through each one until either they are all done or until time is almost up.**

**FINAL SURPRISE PROCESS QUESTION:** (Leave some time for this question at the very end)

Sometimes people can inadvertently reveal their insecurities indirectly without even knowing it. Without revealing which one was your own decoy DISCUSS the following:

- FOR DISCUSSION – Is it possible that some people’s true insecurities may have been revealed through their decoy answer?

**STAY  
STRONG  
BECAUSE  
YOU'RE  
WORTH IT**