

What is insecurity? Look at some facts about it:

- Insecurity is a feeling of vulnerability and/or helplessness.
- Insecurity results from childhood psychological wounds--real or imagined.
- Insecurity is the false belief that you can't handle life or some aspect of life.
- Ongoing insecurity is based on distortions of reality, not fact.
- Insecurity becomes a habit of thinking and perceiving.
- Insecurity minimizes the possibility for accurate self-perception.
- Over time, insecurity feels like a natural part of your personality.
- Insecurity becomes worse over time.
- Like any habit, the habit of insecurity can be broken.
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Let's take a moment to appraise your general level of insecurity--your root system. Answer each question as being either mostly true or mostly false.

Insecurity Self-Quiz

Please read the following questions carefully, but don't overthink your responses. Circle your responses as being either mostly true or mostly false as they generally pertain to your life. Answer each question even if you're not completely sure. Scoring is at the end of the test.

- T - F I tend to be shy or uneasy with strangers.
- T - F I'd rather be at home than going out on an adventure
- T - F I wish I were smarter.
- T - F I never have enough money.
- T - F I'm usually pessimistic.
- T - F I often wish I were better looking.
- T - F I don't think I'm as good as others.
- T - F If people knew the real me, they would think differently.
- T - F In relationships, I tend to cling.
- T - F If someone's quiet, I might think they're angry.
- T - F I'm usually afraid to get too close to others.
- T - F I would be a lot happier if I didn't worry so much.
- T - F I have lots of fears.
- T - F I tend to hide my feelings.
- T - F In relationships, I tend to get hostile.
- T - F I often wonder what people really think of me.
- T - F I find it hard to trust.
- T - F I worry about my looks.
- T - F I have a hard time saying no.
- T - F I tend to be too sensitive.
- T - F I'm overly cautious.
- T - F I worry about getting sick.
- T - F I often feel guilty.
- T - F I hate the way I look in pictures.
- T - F I don't think of myself as an emotionally strong person.

A score of 1 to 10 "True" answers indicates a tolerable degree of insecurity. Self-Coaching can be used more for personality expansion than for repair.

A score of 11 to 16 "True" answers indicates a moderate level of insecurity. Insecurity is probably undermining your capacity for effective and successful living. You can expect Self-Coaching to significantly change your view and experience of the world.

If you scored 17 or more "True" answers, you may be suffering substantial interference due to insecurity. Your self-worth and confidence have been eroded by insecurity, and it's clear you're going to be using Self-Coaching to restructure your thoughts and perceptions.