

Internal and External signs of An insecure person		
Internally	Externally	Scripture
#1 Constant worry	#1 They may talk constantly about what they are worried about, seeking reassurance from others.	“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” Philippians 4:6-7 NKJV http://bible.com/114/php.4.6-7.nkjv
#2 Don't feel safe emotionally or physically	#2 They try to control others and their environment in order to feel safe. Often it is on a subconscious level and do not realize why they have such a strong need for control	“Whenever I am afraid, I will trust in You.” Psalms 56:3 NKJV http://bible.com/114/psa.56.3.nkjv
#3 Feelings of self loathing	#3 Critical spirit. Criticizing others to level the perceived playing field	“And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, 'Let me remove the speck from your eye'; and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye.” Matthew 7:3-5 NKJV http://bible.com/114/mat.7.3-5.nkjv
#4 Fear of Rejection	#4 They push you away and then pull you back in. Someone who is insecure wants to pull you in. Then when you get too close, they freak out and push you away. Their own fear of rejection drives them to constantly push the very people they want close, far away. Then once you walk away, they beg you back.	“For the LORD will not reject his people; he will never forsake his inheritance.” Psalm 94:14 NIV http://bible.com/111/psa.94.14.niv

Internal and External signs of An insecure person		
Internally	Externally	Scripture
#5 Fear of loss	#5 They constantly ask if you are mad or what they have done. Insecurity leads to them constantly asking if they have done something to make you mad. Worried that they will lose you if they don't do what you want and how you want it, their worried nature has no bottom.	“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” II Timothy 1:7 NKJV http://bible.com/114/2ti.1.7.nkjv
# 6 Self Blame	#6 They consistently apologize even if there's no apology necessary. Never sure of themselves or how they come across, someone insecure always feels as if they have done something wrong and aren't above apologizing even if they haven't done anything at all. Just so no one is angry or upset with them, they just say sorry to cover anything they could've done.	“Therefore, there is now no condemnation for those who are in Christ Jesus,” Romans 8:1 NIV http://bible.com/111/rom.8.1.niv
#7 Thoughts of unworthiness	#7 They have a tendency to sabotage their relationships. People who are insecure never feel worthy enough to be in a relationship, which causes a continual anxiety and fear that they are going to be found out and left behind. That leads to overreactions to things and pushing people away when they fear that things are going badly to protect themselves. That can get them the very result they attempt to avoid in a relationship.	“I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.” Psalms 139:14 NKJV http://bible.com/114/psa.139.14.nkjv
#8 They feel like everyone hates them.	#8 Withdrawal from others for perceived rejection. One of the biggest signs of insecurity is that insecure people constantly feel like everyone dislikes them. They can't really tell you why or put their finger on what the issue is. They just feel like everyone hates them.	“A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother.” Proverbs 18:24 NKJV http://bible.com/114/pro.18.24.nkjv

Internal and External signs of An insecure person		
Internally	Externally	Scripture
#9 Feels the need to constantly compensate for their weaknesses	#9 Pride. They will brag. Often. Coming across as a “know it all” or “better than” or condescending usually unaware of or unwilling to admit to weaknesses. Admitting to a weakness would be crushing to their identity.	“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.” 2 Corinthians 12:9-10 NIV http://bible.com/111/2co.12.9-10.niv
#10 Feels the need to protect self from Criticism or correction.	#10 They often come across as Defensive. Because of their fragile identity they feel the need to protect themselves against others criticism.	“Humble yourselves before the Lord, and he will lift you up.” James 4:10 NIV http://bible.com/111/jas.4.10.niv
#11 Feels wounded or victimized	#11 They strike hard when hurt. Insecure people are constantly wounded. Their feelings are regularly hurt, which leads them to strike out against someone who hurts them. For the recipient, it seems like a total overreaction.	“And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope.” Romans 5:3-4 NKJV http://bible.com/114/rom.5.3-4.nkjv
#12 Feels they have to impress others	#12 They try to impress you, but feel like an imposter inside, which makes them a nervous wreck. Most insecure people don’t come across as insecure until you get to know them. Very good at masking the person so fearful inside, they develop a hard outer shell, which makes them feel like an imposter all the time.	“Therefore, there is now no condemnation for those who are in Christ Jesus,” Romans 8:1 NIV http://bible.com/111/rom.8.1.niv
#13 Constant Feeling of loneliness	#13 Clinginess. Being alone is their worst fear. For insecure people, being on their own is about the worst thing they can imagine. They need other people to make themselves feel whole and safe. If they lose someone close to them, it is overwhelming, especially someone they love.	“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.” Isaiah 41:10 NKJV http://bible.com/114/isa.41.10.nkjv

Internal and External signs of An insecure person		
Internally	Externally	Scripture
#14 intense and unrealistic need for approval	#14 They crave approval , but won't accept it anyway. Someone insecure craves acceptance and approval. Even when given to them, they don't believe or accept it. Even if the very thing they desire stares them in the face, they refuse to see it.	"Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ." Galatians 1:10 NIV http://bible.com/111/gal.1.10.niv
#15 unstable self image and negative self talk	#15 They may lie about their likes, dislikes, and true personality. They define themselves by what other people think of them. Insecure people let other people tell them who and what they are because they aren't very sure for themselves what they are made of. Constantly looking to please others and gain their acceptance, if someone doesn't like them, it takes a huge hit to their self-esteem.	"Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator." Colossians 3:9-10 NIV http://bible.com/111/col.3.9-10.niv
#16 Feels they have to be perfect	#16 They have a tendency to be a perfectionist . Insecure people don't believe in themselves, so they go back and redo everything about 100 times. It still won't ever be right.	"It is God who arms me with strength, And makes my way perfect." Psalms 18:32 NKJV http://bible.com/114/psa.18.32.nkjv
#17 Feelings of jealousy	#17 Possessiveness . They are jealous of your relationships with other people. Insecure people are very clingy. Once they make you their stone, they get very jealous when you reach out to someone else. They need you at their side to feel whole and secure. If you aren't feeding their soul, it feels empty.	"A sound heart is life to the body, But envy is rotteness to the bones." Proverbs 14:30 NKJV http://bible.com/114/pro.14.30.nkjv
#18 Constant comparing self to others	#18 Someone who is insecure about how much they have accomplished in their lives, or in their careers, or in their relationships, or in their goals, will brag about everything they have done or accomplished. Constantly. This is not to be confused with confidence. Confidence is when you refuse to belittle your own accomplishments to make others feel better. Bragging is when you want others to feel worse about their own so you hype up yours. Trust me. People who are okay with where their life is at, where it's going, and what they've accomplished so far, have no need to brag. Ever. They will also belittle another person's success.	"We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise. We, however, will not boast beyond proper limits, but will confine our boasting to the sphere of service God himself has assigned to us, a sphere that also includes you." 2 Corinthians 10:12-13 NIV http://bible.com/111/2co.10.12-13.niv

