

# How insecure are you?

Take the web's #1 insecurity quiz. check all that apply

- I have money problems
- I am very jealous when in a relationship. I feel threatened quite a bit
- I am envious of others sometimes
- I sometimes feel like nothing, completely unimportant
- If people aren't noticing me, I feel uncomfortable
- I have to act just right and be perfect to feel okay
- I'm shy and not empowered to speak up for myself
- I am sometimes a doormat
- I have been abused either emotionally or physically
- I'm co-dependent and have a hard time saying "no"
- I have difficulty speaking in front of a group
- I often worry about what people think about me
- I always think I've done something wrong
- I'm great at blaming myself. I'm my harshest critic
- I can't stand to hear my own voice or see myself on video
- Looking in the mirror is painful for me
- I take compliments badly, either negating them verbally or in my mind or changing the subject and feeling uncomfortable
- I don't feel good unless I'm making myself useful
- I feel incompetent and/or clumsy
- I exaggerate the truth or tell white lies to build myself up
- I find myself dropping names or using material things to make myself look better in the eyes of others
- I have deliberately tried to make my partner jealous or played games to make sure (s)he loves me
- When I go to a fancy restaurant or ritzy shop, I feel like a fish out of water, unentitled
- I feel like I'm always trying to prove myself
- I can instantaneously tell you a list of everything that is wrong with me and why I'll never make it
- I'm embarrassed to dance in front of others
- I gossip and speak ill of others to feel better about myself