

How Insecure Am I?

Resource: "The Tender Heart": Conquering Your Insecurity—Joseph Nowinski, Ph.D.

"Since most of us can relate to the idea of being insecure sometimes, the bigger issue is just how much insecurity is an issue in our lives. You can begin to find the answer by assessing your own level of insecurity as it is right now. Please complete the following questionnaire by checking off all the statements that describe you."

Insecurity Inventory

- I often worry about my relationship.
- I do not like being in the spotlight socially.
- I often feel that others don't take me seriously
- I am an exceptionally jealous person
- I'm forever thinking that others are smarter, more attractive, or more interesting than me.
- I worry that my partner is going to leave me for someone else.
- I would describe myself as very self-conscious.
- I've been told that I'm thin-skinned, overly sensitive.
- I often seek other people's approval, even if I don't particularly respect them
- I've been told by friends and partners that I expect too much from myself and others.
- If someone hurts my feelings I have a hard time letting go of it and tend to dwell on it for a long time.
- I am very hard on myself when I make a mistake.
- I often ask my partner for reassurance that she/he still loves me.
- I get angry or depressed if someone I care about disappoints me.
- I cry easily.
- I am very sensitive to criticism.
- I worry about how I look.
- I have a hard time trusting my partner not to cheat on me.
- I have a strong desire to make amends whenever I do or say something that seems to hurt someone else.
- I'm more inclined to think too little than too much of myself.
- Sometimes I feel anxious for no apparent reason.
- I worry about being disapproved of.
- I've been told that I'm very defensive if I'm criticized even slightly.

- I have often felt let down by people, even the ones who love me.
- I secretly feel that I'm not smart enough or attractive enough.
- I sometimes worry that even my best friends don't really like me.
- Most of the time I would sooner give in than to fight for what I want.
- My feelings are easily hurt
- If I do something that gets my partner angry I have a hard time getting it out of my mind.
- I often don't have confidence in decisions I make.
- It really bothers me when I think someone doesn't like me.
- If someone hurts my feelings I am more likely to give them the cold shoulder than to confront them.
- I often make up excuses rather than just telling the truth.
- I worry more than most people about what other people think of me.
- I will do almost anything to avoid conflicts with others.

"The more items you checked off, the more likely it is that you are insecure. It's important to understand that insecurity is not something that a person either has or doesn't have, period." Just remember, "people can differ a great deal in how insecure they are." (p. 25-27).