A PAUSE, A PRACTICE, A NEXT STEP

Insecurity

Build steadiness without demanding certainty.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Name the area of doubt

Be specific about where insecurity appears. “I feel unsure speaking in meetings” gives you more options than “I am insecure about everything.”

01 / Notice and reflect

Where does my self-doubt show up most?

02 / Notice and reflect

What standard am I measuring myself against?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Talk with your care team if insecurity causes persistent avoidance, repeated checking, body-image distress, or unhealthy relationship patterns. Support can address both internal habits and external conditions.

Read more: Mayo Clinic · Self-esteem and self-talk

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.