

INSECURITY

Synonyms: self-doubt, timidity, unsure, hesitant

You are unlikely to fall quickly into intimate situations, as you seem to have some anxiety that your performance will be judged and found wanting. So it is important for you to have a partner who can openly show her love and affection and nurture you.

Your feelings of insecurity can overwhelm and push your partner away. It may be important for you to talk to a counselor about this issue in order to enhance your potential for future happiness.

When your thoughts get jumbled it's easier for you just to do something so as to avoid having to figure out what's going on inside. Pangs of insecurity or low self-esteem get tucked away and hidden. You may become uncommunicative at times like these, leaving others to wonder what's happening with you and where they stand.

It appears he experienced a threatening and/or traumatic relationship with a power figure as a child. As a result he is disinclined to assert himself now (which means being in touch with his own inner power) and maintains a protective shell (because he does not know how to counter the undue power of others).

He works best in a structured atmosphere where he knows what is expected of him.

It is difficult for him to make changes quickly.

Because his sense of purpose is not strong or forceful, he feels more comfortable in situations where guidelines are provided for him to follow.

You usually believe in your abilities, but there are times when you worry about the outcome and avoid risks in order to ensure success.

You have so many things going for you, yet your self-confidence is not strong.

Nagging feelings of inadequacy lead you to think you cannot compete successfully with others.

You worry a bit about how others perceive you. It could be that you feel ill at ease with strangers or in some new situations.

His fear of not being accepted, of being disapproved somehow, prompts him to hide the truth and sometimes even make up 'new truths' to suit himself.

Control is very important in your life, so you are careful to project exactly the kind of image you want others to see.

She is overly cautious when it comes to putting herself forward. Her self-critical attitude makes it difficult to release the stress and strain of opposition or difficulties that come from interacting with others.

Although he puts his best effort forward, he tends to underestimate his own abilities.

You confine yourself to functioning in areas where you feel assured of success and approval, because you do not feel as confident as you appear--though you wouldn't want others to know this.