

## INSECURITY VS SHAME INVENTORY

The emotion of “insecurity” is a natural human emotion and is safe and healthy to experience. However, devaluing thinking and the shame that follows is not healthy. Use this tool to learn how to move out of shame and into healthy and temporary feelings of insecurity. Sitting with your insecurity in a healthy way will lead to healing your pattern of self-devaluing.

Directions: Circle the ones you notice yourself do. Underline the ones you suspect you do unconsciously.

Shame	Insecurity	Self-compassion
I feel lesser than because I struggle with performing certain skills.	I feel unsure about my abilities.	I accept I am still learning new skills.
I believe I am not good enough because of the way some people interact with me.	I question how loved I am.	I know this doubt is pain I am sitting with and healing.
I am mad at myself because I did something wrong and I put pressure on myself to do better next time.	I feel uneasy because I might have made a mistake.	I know I am loved even with my imperfections.
I believe I am less worthy because people don't always understand what I am saying.	I question whether others understand me when I communicate.	I accept that people not understanding me is normal.
I am embarrassed because I think I am not smart enough in certain situations.	When I don't know as much as others, I feel uncomfortable.	I accept my discomfort lovingly.
I think I am too sensitive and weak because I am more emotional than others.	I feel insecure because of my emotions.	I accept myself as a human with emotions.
I believe I am lesser than because of the way I look.	I feel insecure because of the way I look.	I reconsider what I associate my worthiness with.
I feel less worthy because of the ways my physical health limits me from doing things.	I feel troubled because of my health condition.	I care about how I am feeling emotionally and physically.
I do not feel good enough because of my financial situation or because of what I own or do not own.	I feel uneasy because of my finances or status.	I know my status does not define who I am as a human being.

### Keys to making the switch from devaluing and shame to insecurity:

Move away from the “thinking” part of your experience and move into the physical and emotional part of the experience.

Question the validity of your thinking.

Give yourself compassion, including accepting and loving yourself with your imperfections.

Identify the ways you are miss-associating your worthiness.

Accept that feelings of insecurity are normal and lead to healing.