


FUNSHEET
INSECURITY IS
DRIVING ME
CRAZY



ABSOLUTELY
WRITE
WITH ADITI SURANA




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IVM PODCASTS

These are the two main two causes:

□ **Low Self Worth:**

Sense of self worth = external + internal

External	Internal
Physical appearance	Your opinion of your own self
Achievements	Your ability to bounce back when you fail
Influence	How valued you feel around your significant people
Possessions	

People with low self worth can fall into an unending loop of self doubt.



DOUBT

Graphology test:

Write anything that comes to your mind in the box below.
(3-4 sentences) You could also look for today's stroke in your regular diaries and scribbles.

Observe the letter 'I' when you write 'I am or I was' - in reference to yourself. If you write that self referral 'I' in a smaller case, instead of capital, then it shows *low self worth*.

Emotional Baggage from the past

We carry emotional stickers of all our past travels in our present & future experiences. We keep coloring our future in the shades of our past.

□ **Tool 2: Investigate**

The Dalai Lama said, 'A lack of transparency results in distrust and a deep sense of insecurity.' Insecurity is like a headless chicken. It ought to behave irrationally.

People who learnt to live with insecurities without letting it overpower them, have learnt how to rewrite these panic stories while they are happening. They say - Wait a minute. What is actually going on here? I know, I wanted to win over this situation. It's not happening. What do I require to do now? What information am I missing here?

Describe 2 memories where you chose to investigate instead of feeling scared.

1.

2.

#COVID INITIATIVE

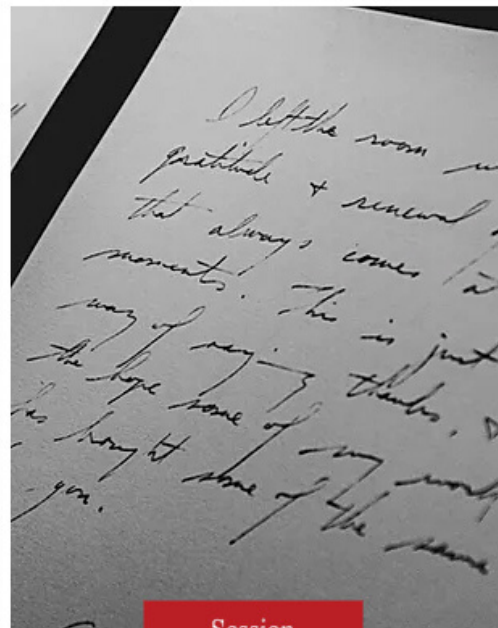
Lockdown is not a breakdown. Let's deal with anxiety together.



Journal

Journal Write Now

A 21 day free anti anxiety journaling workshop that will help you be more equipped to deal with your challenges, stress & anxiety.



Session

Written Gift

A free handwriting analysis session with Aditi, everyday till the lockdown continues in India for whoever wishes to connect, speak and resolve something.

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