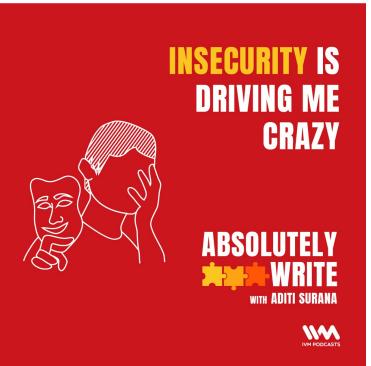
FUNSHEET INSECURITY IS DRIVING ME CRAZY



ABSOLUTELY WITH ADITI SURANA



FUNSHEET



INSECURITY IS DRIVING ME CRAZY!



Every Friday we create a funsheet with the episode. Print this Friday funsheet if you can, or use it as a reference while listening to these practical & applicable tools. Make notes, write personal experiences, scribble, doodle. You will be surprised to see how this small additional step of using a funsheet will help you internalize all these lessons a lot more.

□ What happens when you feel insecure?

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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.







Graphology test:

Write anything that comes to your mind in the box below. (3-4 sentences) You coiuld 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.



<u>4 tools to deal with insecurity:</u>

□ Tool 1: Observe the stories that you tell yourself

Every insecure thought pattern has its own story. You mostly go down the same rabbit hole again and again. Note that story. I would recommend that you pick a notebook and journal. Answer this question: 'what do I tell myself when I feel insecure?' Write everything that comes to your mind without editing it. Just go for it. Write like no one is reading.

'what do I tell myself when I feel insecure?'



\Box 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.		



□ Tool 3: False identification

Praise, appreciation, rewards for your work or body becomes remarks about you. Same goes for criticism, ridicule or failures. We start false identifying with it.

Imagine, tomorrow, I mean after the lockdown, you decide to act in a children's play and wear a lion's costume. You enjoy walking around, scaring some toddlers. But it would be a tragedy if you start believing that you are a lion. Or that you can't live without your costume. or what if no one values you without this costume what will you do? It may seem funny, but that's exactly how we behave when it comes to our false identification.

Take a moment to write down 5 incidences where you were attached to your false identification and felt insecure.



\Box Tool number 4: Say thank you when you receive a gift

Your insecurity may sound and behave like a hysterical mother trying to protect her child, but this mother is going ballistic & crazy because she cares deeply. Your critical, doubtful, demeaning insecurity story is also trying to do the same. And if you observe closely, you will realise it's a gift.

A tough one to appreciate but still a gift. Next time when you get caught up in your own thoughts, don't try to escape and resist it. This makes the matter worse. For a change, talk to your inner voice. Say - Thank you for trying to protect me. I hear you. I am not dismissing you. I have thought about the consequences but I need to jump in anyways.'

Write 3 current areas where your insecurity is driving you crazy.



#COVID INITIATIVE

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