

Facing Your Insecurities

Identifying and working through your insecurities can allow you to be more confident in your life. Here's a list of some of the most common insecurities we all struggle with. For each item in the list below, write a number in the circle (○) for yourself, and inside the square (□) for your spouse, indicating the level of confidence you each experience on a scale of 1 - 10.



- □ Personality
- □ Smile/crooked teeth
- □ Humor
- □ Parenting style
- □ Communication
- □ Not enough friends
- □ Career
- □ Social anxiety
- □ Aging
- □ Financial status
- □ Sexual performance
- □ Marriage problems
- □ Style/Fashion

- □ Athleticism
- □ Home/living standards
- □ Creativity
- □ Genitalia
- □ Postpartum body
- □ Hair loss
- □ Being a SAHM
- □ Education level
- □ Weight
- □ Emotional rejection
- □ Sexual rejection
- □ Public speaking
- □ _____

Take some time to ask yourself these questions or talk them through with a safe friend or spouse.

- Did your parents and siblings ever make you feel insecure or ashamed? Can you identify a specific memory you have?
- When do you feel most insecure?
- When do you feel most confident?
- How do you think your insecurities play out in your marriage?
- Has anyone ever said anything to you that made you feel insecure?
- When you are feeling insecure, do you tend to overcompensate or hide?
- Is it difficult for you to accept compliments from others? Why or why not?
- Do you find it difficult to admit your mistakes? Why or why not?
- Which of your friends, co-workers, and/or family members make you feel secure and confident about yourself?
- Do you have a willingness to learn more about yourself? Why do you think that is? What steps are you taking to become a better person?



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