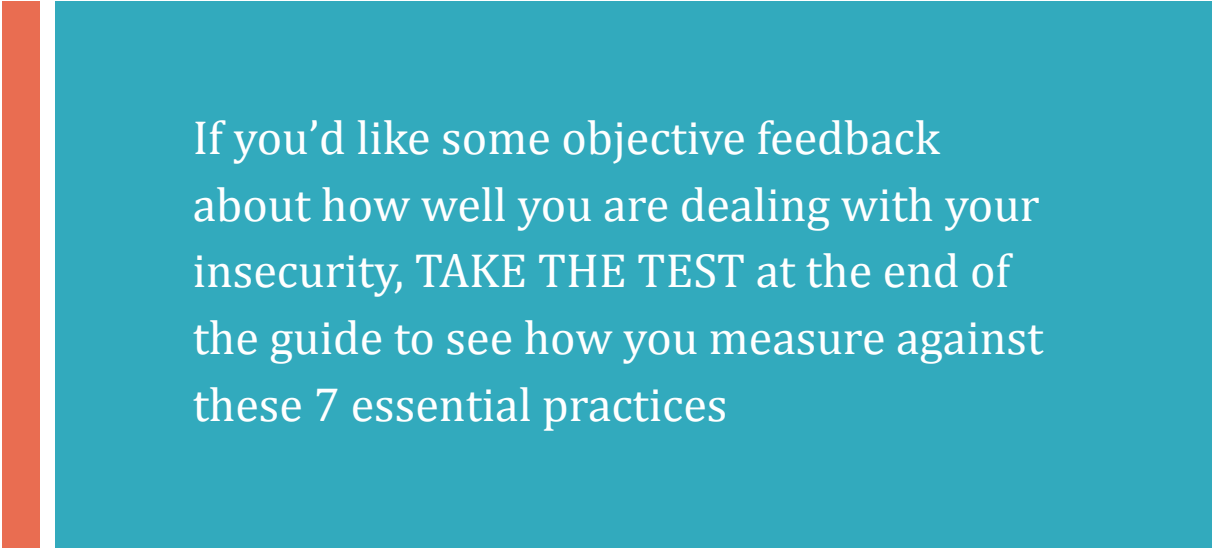


*“Insecurity left unaddressed in your life ultimately leads to madness... This problem therefore, demands a clear, intelligent and complete solution.”*

# 7 ESSENTIAL PRACTICES for overcoming insecurity

BY JAEMIN FRAZER



If you'd like some objective feedback about how well you are dealing with your insecurity, TAKE THE TEST at the end of the guide to see how you measure against these 7 essential practices

## OVERCOMING INSECURITY

The process of overcoming insecurity and living life unhindered is both simple and hard.

There is no denying that this will be some of the most significant and beautiful work you could ever do in your life.

There are no guarantees that you will make it through all 7 stages, and in fact, most people never will. However, that's what makes life so breathtakingly spectacular! There are no free rides. It is all up to you.

What will you do with your life?

What will you make of the opportunities you've been given? Will you find a way to live a full and wonderful life, or will you be taken out by one or more of the multitudes of traps and perils along the way?

The stakes are massively high! The game is incredibly real.

This is the hero's journey, and you are the hero in the story. We are all waiting to see how the story will end.

# 1. STEP INTO THE LIGHT



If you have any chance of dealing with the madness causing insecurity inside you, it all starts with awareness.

You cannot change what you cannot see.

While ever you continue to fight surface level problems rather than deal with the deepest level problem, you'll keep running around in circles.

Lasting change starts with you being willing to come out of hiding and face up to your current reality. It requires a level of acceptance and honesty about what is really going on in your life that most people will never have the courage to own up to.

It is really common to feel insecure about being insecure...I get it. Yet at some point, you've got to face up to that fact. You are insecure. Whether you want to be or not, whether you should be or not, the truth is you are.

You are here. Until you accept that, lasting change is not even an option.

So... stage one in this epic and beautiful work you are about to undertake is to stop running, step into the light, and name your fear. The only way out is through. There is no other way around it.

If you think your battle is against your behaviour, you are wrong.

If you think you need to fight what others have said about you, you are mistaken.

If you want to punch on with your dysfunctional patterns of emotion and thought – you're in the wrong weight division.

The opponent you seek is your own opinion of yourself. It is the fear of inadequacy, the deep uncertainty about whether you are enough.

This is the main event. Nothing else matters.

People who operate out of a high level of personal security have at key moments in their life got brutally honest with the state of play and been willing to face up to the reality that the most pressing issue to deal with in their life is the fear of not being good enough.

### The Essence of this Stage – 5 Keys

1. **Acceptance** – Whether I should be here or shouldn't be here is irrelevant. Here is where I am. I am insecure about not being enough.
2. **Vulnerability** – Time to let the guard down and come out of hiding.
3. **Honesty** – Stop pretending not to know. Give an honest and accurate assessment about the state of play.
4. **Face up to your reality** – Stop running away, time to face up and move towards change.
5. **Judgment free space** – Curiosity and compassion, not judgment. You can't do self-awareness and self-judgment at the same time.

## 2. TAKE FULL RESPONSIBILITY



In overcoming my own insecurity, the single most important idea was this: all insecurity is built on a work of fiction. I imagined that I felt inadequate and insecure because of all the negative things said and done to me. In my mind these experiences proved that there was some lack inside me or that I was somehow not enough. Yet, the game changing discovery was that life is not about what happens to us, instead it is about the meaning we place on these things.

That one thought changes everything. It immediately took me out of the victim space into the place of personal power. It turns out I didn't feel insecure because of the sum total of thing things that had happened to me, I felt inadequate because of the story I told myself about what each of these experiences meant about me.

I created my own insecurity! It only existed in my head!

Our brain filters all possibilities to simply find more evidence for whatever we believe is true. So, perception becomes reality. In every single event, experience and conversation we have, our subconscious mind is asking and answering two powerful questions to make sense of our situation:

1. Why did that just happen?
2. What does it mean about me?

More often than not, the answers to these questions are negative and self deprecating. We naturally assume negative events are in some way a reflection of our own value and worth. Once we make these kinds of decisions around meaning, this information becomes the foundation for all beliefs and becomes the story we live out of for the rest of our lives.

Stage 2 in the change process, therefore, is about handing back the victim card and all of its associated and accumulated benefits. It is about taking 100% responsibility for your own life and what it is you believe about yourself.

Blame and excuse is very common and natural. You have every right to be upset at the people who have hurt you along the way and to blame them for negatively impacting your life. Yet blame gives you no ability to change anything. Blame positions you as the victim and leaves you desperate and needy for others to change the experience of your life for you.

Change always comes out of responsibility. It is essential and inescapable. Your results are yours. Your relationships are yours. Your life is yours. You are the only one with the power to hold yourself back and the only one with the power to set yourself free. It is all you...

### The Essence of this Stage – 5 Keys

1. **Let go of blame and excuse** – hand back the victim card with all it's associated benefits.
2. **Embrace 100% choice and responsibility** – simple and hard.
3. **You are exactly where you have chosen to be** – and it is working for you.
4. **You are the story teller not just the actor in the story** – therefore, you are not a victim.
5. **Be at cause not at effect** – be the driver of the bus not a passenger.

### 3. STACK THE PAIN



Pain is a gift. It is designed to lovingly protect us from further and worse pain. Its intention is to keep us safe and improve the quality of our life. Yet instead of listening to their pain, most people are running away from it. Masking, medicating, and avoiding the message it brings.

If you are to overcome insecurity in your life, pain is an essential part of the process.

All motivation in life comes out of either avoiding pain or pursuing pleasure. We are either motivated to move away from something we don't want, or drawn towards something we do want. All action is in some way driven by these two forces.

So, if you are to be free from insecurity, there is no point pretending that being insecure is not really causing you any grief. Now is the time to feel your pain... as strongly and deeply as possible. Press into your pain. Listen to the intensity of its message to you.

Pain is your most honest voice to yourself to let you know what is not right, and what needs immediate attention and change. If you ignore it, then there is nothing to stop you destroying your own life. The main reason people don't listen to pain is that they think it will require them to change

something hard. Yet suppressing emotional, mental and physical pain will always cost you more in the long run.

Count the cost. How is insecurity ruining your life? Focus on the longterm implications of not dealing with this fear. Look at people around you who have lost the battle and have sadly become consumed by their insecurity to the point of madness and mental illness.

If you are not desperately driven to get out of this pain for good, you will not have enough motivation to keep moving forward in this process. There must be a line in the sand moment in your life where you are no longer willing to tolerate being held back, robbed and hindered by the fear of not being enough. IT MUST END HERE!

Feel this pain, and let it lovingly serve you as it was designed to do.

Being insecure and feeling shit about yourself is supposed to make you feel like shit! That's the whole point! That painful feeling is actually a loving voice trying to tell you that you weren't designed to feel that way, so you need to do something about that insecurity before it destroys you!

### The Essence of this Stage – 5 Keys

1. **Feel the pain of insecurity** – don't mask, medicate, or avoid it.
2. **Listen to your pain** – it is your most honest voice designed to protect you from further pain.
3. **Stack your pain** – the more pain you feel, the more motivated you are to take action.
4. **Future pace** – take yourself into your future to have a look at what happens if you don't deal with this insecurity.
5. **Let pain serve you** – pain is an essential aspect of all change.





we could ever ask ourselves. Most people have stopped asking this question a long time ago and have settled for what they can get instead.

They've found that it is just too risky and painful to speak out what they really desire because the moment they do, they've inadvertently opened the door to the potential for failure, disappointment, and rejection.

It is far safer to settle for survival instead.

Perhaps as little as 5% of the world's population are clear about exactly what they want and are actively going after it. The other 95% who don't know what they want are simply serving the agenda of the 5% and helping them get what they want. That is how the world works!

Yet to desire is human. Each of us know on some level what happiness and success would look like; we are just afraid that we don't have what it takes to get there.

However, the moment we shut down true desire in our life in the interest of safety, we dehumanise ourselves and begin the process of atrophy and death.

If you want to overcome insecurity, you've got to realise that it will be hard. The only way you will make it through the hard, is if you have a massive reason why you **MUST** find a way.

Best-selling author, Stephen Covey says that the first habit of highly effective people is that they begin with the end in mind. That is, they get very clear about exactly how they desire their life to be, and then they work their way backwards from there.

Without this compelling vision for your life driving you forward, you will simply give up when this journey gets too hard.

### The Essence of this Stage – 5 Keys

1. **To desire is human** – to suppress desire is to dehumanise ourselves.
2. **Pleasure is the second part of all motivation** – we need a moving away from and moving towards strategy to make change stick.
3. **When the why becomes big enough, the how takes care of itself** – necessity is the mother of all invention.

4. Having a compelling vision for your life is the only thing powerful enough to sustain the journey when it gets hard – otherwise what's the point of digging into fear and facing up to the hard stuff?
5. “What do I want?” is the most dangerous and powerful question we could ask ourselves! – yet this is truly the most important adult question.

## 5. GET HELP FROM SOMEONE WHO DOESN'T CARE ABOUT YOU



Typically, conversations about change with friends and family never bring about change simply because of the level of ‘wanting’ embedded within those relationships. If you share a point of pain with someone who cares about you, they cannot help but speak to you out of this sense of care and concern. They naturally want you to be happy and healthy and to not be in pain, so the conversation quickly becomes about what they think you should do. Advice and telling ensue. As well-intentioned as this may be, it is in fact a form of judgment. They have positioned themselves as the expert

in your life and as such have set about to fix you. This is never helpful. At best it produces a short term effort in the right direction, but internally it can only ever produce resentment and actually hinders you moving forward.

Coaching on the other hand positions the client as the expert and the coach as the skilful guide. I consistently tell my clients that they must not confuse me for someone who cares about their problems. I explain that I will not lose any sleep over their issues and will forget all about them when we are done. I need absolutely nothing from them and have no agenda other than to serve them to get more of what they want.

I am not another person who needs or wants them to do something they don't want to do.

The power of this conversation is that it positions me as a dispassionate observer in their life. From this vantage point, I am then able to bring objectivity to their story about not being enough. I am able to bring the gift of doubt and help them to question the holes in their story by devaluing the validity of the mountain of evidence gathered. It is this objectivity that weakens the previously impenetrable wall that is the insecurity story.

The role of the coach is to help you see what you cannot see. The power of this added awareness is that it always brings more choice. This is another essential part of the process in overcoming insecurity for good. In order to set yourself free, you must get out of your own head.

### The Essence of this Stage - 5 Keys

1. **Objectivity is essential** – it is impossible to get that on your own.
2. **Wanting and caring is natural from friends and family** – but it is the least useful tool for helping people change.
3. **The judgment free space allows awareness and responsibility** – you can't do awareness and judgment at the same time.
4. **You are the expert in your own life** – how could anyone else possibly know what you should or shouldn't do?
5. **The coaching conversation creates the space with the most leverage for change** – therefore, if you are looking for change, a coach will be most useful to you.

## 6. BE THE HERO



In Joseph Campbell's defining work, "The Hero's Journey", he shows that in all the stories we love, at some point the hero steps up and does what only the hero can do.

It is a wonderful metaphor that parallels each of our journeys as the hero in our own story.

When it comes to overcoming insecurity, no one can do it for you. You are the one who created this monster, and you are the only one with the power to destroy it.

There is work to be done, fear to be faced, and dragons to be slayed. And YOU are the hero who is going to get it all done. All previous 5 stages have simply been preparing you for stage six. It's crunch time.

When it comes to fear, our natural instinct is to run away from the thing we are afraid of, yet the hero is the one who shows up with incredible courage and marches straight into battle instead.

In order to overcome insecurity in your life, at some point you've got to go explore the things you are most afraid of about yourself to see how

true they really are. Is there any substance to this fear of not being good enough? There is only one way to find out for sure, and it involves going to the heart of what you are MOST afraid of.

The incredible thing is that everyone else can see that you will actually be OK. The monster in the cave you fear is actually not a monster at all, just a couple of mice playing silly buggers with a candle and some tin cans projecting a huge shadow and making a big noise.

Just like The Wizard of Oz, it is all smoke and mirrors. But until you actually go and face it you will never know for sure.

Everyone else knows you have always been enough and always will be... but you've got to go work that out for yourself.

### **Discover the Origin**

Everything else is all just leading up to you discovering once and for all if you really are enough.

Time for talking has finished; now you've gotta go fight the dragon.

In order to overcome insecurity, it is essential to go backwards before you can really move forward again. To untangle the messy stories of lack, limitation, and insecurity can only be done effectively by tracing the root of the story all the way back to when it was first created.

Most people try and deal with the mess in their heads by pretending it doesn't exist or through self medication and various coping strategies. It often feels too painful and overwhelming to try and untangle the mess and get to the bottom of it.

Yet, without going back to where that limiting story was first created means you are always managing mess inside your head and heart that is stopping you being at your best. Any attempt to write new stories and develop new beliefs is undermined by the fact that subconsciously you still believe your original story is true.

It is like trying to build a new house on a crumbling old foundation. When it comes to lasting transformation, we each MUST come to terms with the fact that all we have is story, and then become absolutely aware of exactly what our story is.

A great way to do this is simply to observe your patterns of behaviour. Behaviour never lies. It always flows out of our beliefs. Ask yourself 'What MUST I believe in order to behave this way?'

Once you are clear about the nature and patterns of your own story, then it must be possible to trace this story all the way back to the beginning. When was the first time you told yourself this was true? Who else had a part in writing this story with you?

Your inner child has been waiting for you to meet them there for your whole life.

Often people tell me that they simply can't remember or have no idea where the story started. They wonder if it is even possible to become aware of the origin especially if the beginning of the story was very early in life. Yet this vital information can always be discovered if and when you are ready.

Our conscious mind has limited storage capacity. It's a bit like a small flash drive. There is enough room for some pics and videos and a few songs, but not much more.

However, our subconscious mind is like unlimited cloud-based storage. Every single thing we have ever seen, heard or experienced is all stored there somewhere. Of course, defining moments such as the origin of the single most destructive story in your life has been recorded and a file has been created. The issue is, you have to get clearance to view it.

As part of your internal self-protection strategies, your subconscious is keeping that information from you until you are ready to deal with it. Otherwise it may only cause you more pain.

The implications of the discovery of the origin of your story is that there must also be a time in your life BEFORE this story was true for you. That means the story you are living out of is not you. It is an addition to your life, it is not who you are. It is an imposition to the real you. You have picked up this story and worn it like a jumper. You have then identified with this jumper and it has become how you've seen yourself and how others have seen you. However, it is just a jumper, and you could take it off and appear very differently.

## The Essence of this Stage - 5 Keys

1. It's time for you to go it alone and be the hero – there's only so much your support crew can do.
2. You are the only one with the power to set yourself free – you were the one who created this mess, and you are the only one who can change it.
3. There is always an origin or inception point to limiting beliefs – it must be possible to go back far enough in time before any story of limitation or lack existed inside you.
4. It is always possible to go back before the origin of the story – defining moments are stored carefully in the unconscious mind.
5. Finding the origin is essential to changing your story – otherwise you will resort to behaviour management strategies.

## 7. RE-WRITE THE STORY



While it's crucial to discover the origin of your insecurity story, in order to really set yourself free, the process needs to go to the next stage. Take responsibility for the fact that you are not just an actor in the story, but you



are the STORY TELLER. If you don't like the stories you have told about your life to this point, you and only you can go back and write new ones.

This process is not easy, but neither is it complicated. We are sense-making creatures who go into the world and tell stories to give meaning to our experiences. It's all just a story though. It's all a work of fiction - there are a multitude of other stories that could be told about the same experience. Each story leads to a very different destination.

### **Internal ownership**

The crucial part of this stage is that you take full ownership of the stories you tell about your own value and worth. It all comes down to what you believe about yourself. Ultimately, insecurity is overcome when you decide that you are enough. It turns out that your opinion is the only one that really counts.

Stephen Covey's powerful observation of a universal law is that EVERYTHING is created twice. Your current day results are merely the manifestation of what has already been created either by design or default in your mind. Therefore, if you want new results to show up in the real world, you have to go create them first in the unseen world.

Holding yourself accountable as the story teller with 100% choice and responsibility is the key to experiencing lasting change in your life. As the victim of someone else's story you have no power to change anything, but as the story teller you are the one with the pen, you are the one writing the scripts, and so you are the one with all the power!

### **Story, State, Strategy**

The final stage in the process makes sure the changes you have created in the previous 6 stages really stick.

Most people live their lives in this order – Strategy, State, Story. When they wake in the morning, the first thing they give attention to is action. 'What do I need to do?'

They work from 'to do' lists and are constantly busy and lost in a sea of stuff to get done. All this strategy, however, is done from whatever state they may find themselves in. Sometimes they are happy and full of energy, other times they are flat and discouraged. They don't have any way of

managing or controlling how they feel - their state is affected by whatever is going on around them. The problem with this is the state you are in most determines the internal resources you have access to and therefore the results you get. Control your state and you also control your outcomes.

Now behind all of this strategy and state is the story people find themselves in. It is the meta-narrative of their life and the script they are operating from. The problem is that this story is often negative and extremely limiting and most people have no awareness that they are actually living out of a story at all!

If you have made it all the way to stage 7 in the process of overcoming insecurity, however, I can assure you with 100% certainty that you are NOT 'most people'!

Successful people who find a way to flourish and live unhindered from any limiting belief actually live their lives in the complete opposite way – Story, State, Strategy.

Their first point of attention each new day is NOT to jump straight into action and strategy. They leave that till last. The most important thing to take care of is Story. Having done the work of writing a new and expansive story for themselves that gives them the scope to go and flourish in life, they realign themselves to this story as the number one priority.

Using visualisations and affirmations, they remind themselves of who they really are and the kind of life they intend to live.

At multiple points during every day, they anchor themselves back to this story again and again and again until it becomes the prevailing, dominating default meta-narrative of their life!

Having fully seen and experienced themselves as the kind of person they want to be, then they pay attention to managing their state. They practice life-giving rituals that affect every cell in their body and allow them to access a peak performance state and be at their absolute best when it matters most.

Finally, having taken care of story and state, then they go ahead and make a strategy about exactly what actions would be most effective and profitable in line with their most important goals and desires. Story, State, Strategy. NOT Strategy, State, Story.

## The Essence of this Stage – 5 Keys

1. **Be the story teller not just the actor in the story** – you are the one with the pen and paper giving meaning to your existence.
2. **People who succeed in life just tell better stories** – the point is not to focus on whether they are true or not, only if they are working for you.
3. **Own your value and worth internally** – this is the journey of fully becoming an adult.
4. **Align yourself to the new story every day as the first priority** – this makes it the new default and prevailing meta-narrative.
5. **Story, State, Strategy. NOT Strategy, State, Story** – get this right, and you'll have an unfair advantage in life.

### A FINAL NOTE

Effective frameworks prove their value by being able to be applied regardless of the context. What you find here in these 7 stages is all you'll need to work through insecurity EVERY time it shows up.

You don't need to come up with a new plan. New manifestations of insecurity are not evidence that the framework proved ineffective, they are evidence of growth. This is super important to understand as it frames your expectations and lessens your suffering.

The process of dealing with insecurity on your current level of growth is these 7 stages. When you succeed, you will grow. This growth provides you with new challenges, and new insecurities emerge. The process of dealing with insecurity on the new level of growth is exactly the same as the last level.

**TAKE  
THE  
TEST**

If you'd like some objective feedback about how well you are dealing with your insecurity, take the test to see how you measure against these 7 essential practices for overcoming insecurity by clicking **HERE**.