
10 steps to overcoming insecurity in relationships

by Mark Tyrrell

**Full self hypnosis program
with practical exercises
and 10 audio downloads**



10 steps to overcoming insecurity in relationships

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10 Steps to Overcoming Insecurity in Relationships

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Mark Tyrrell

Introduction

Where do you start?



It is when we all play safe that we create a world of utmost insecurity.

Dag Hammarskjold

Who do you *most* want to feel safe and secure with?

The person with whom you have the closest relationship, of course.

Your lover, your partner, your spouse.

Everybody wants to feel secure

We all want to feel safe – to have the feeling that there is nothing to worry about.

At the top level we'd like to feel safe as a **society**, as a nation.

We'd like to feel safe in our **neighborhood**.

And in our **private lives** we'd like to feel safe with our partner or lover.

We'd like to feel *sure* that they will love and appreciate us, be tender and kind, be faithful and loyal to us, understand and accept our foibles and weaknesses and generally act as if our wellbeing and happiness is a top priority.

It takes a great deal of energy and ingenuity to make public security a reality. We have complicated political and social structures whose whole purpose is to keep us safe. We have law and order systems to manage and control, at least to some degree, our base human tendency to exploit each other at every turn. None of these structures or systems is perfect, and trouble does break out, as you can see on the news every day.

But at least we have *some* sort of agreed and reasonably reliable processes for delivering *some* more or less acceptable level of security.

It's another story when it comes to what goes on between two individuals.

Security for couples

Yes, every society has marriage and courtship customs and laws, but these only provide an *outer* framework, regulating how a relationship works as part of larger society. These customs don't help you much with what goes on *inside* a relationship.

Every time you get together with another person, no matter how 'in love' you are, the two of you have to work out for yourselves how you're going to 'feel safe' with each other, how you're going to relax and trust each other.

You'd think that after all these millennia of human progress we would have worked this out by now! That there'd be a rule book you could follow!

Well, there isn't.

All we have are some principles, which you have to figure out how to apply in your particular circumstances.

More is less – less is more

And perhaps the most important of these principles is the one I've quoted at the top of this introduction. Hammarskjöld was speaking about society, but his words are just as true for you and me as individuals.

Trying to make everything perfectly safe ends in making everything deeply unsafe.

You have to ask what the 'safety', the 'security' we seek is *for*.

Sometimes we can concentrate so hard on how much we want to *feel secure* that we make *security* itself the goal. However, what we really, truly, want is to be *happy*. When 'security' becomes the one and only goal, 'happiness' can get thrown out of the window.

"But, but, but..." I hear you say, "I want to be happy *and* secure!"

Of course you do.

The paradox is that one thing the millennia of human progress *have* established is that the more uncertainty and insecurity you can tolerate in life, the more *secure* your chances of experiencing real happiness. Not *absolutely certain*, but so much more likely.

Grin and bear it?

So should you just learn to *put up* with feeling insecure in a relationship, with all the distress of constant anxiety and fret, feeling haunted by obsessive thoughts, falling into jealous or controlling behaviors, or suppressing real feelings and needs in case you 'rock the boat', and generally being unable to relax and enjoy what you have? And just hope that it's all going to be okay?

Not at all.

If you are feeling insecure in your relationship, a number of possible, and perhaps overlapping, things may lie behind it.

For example (not an exhaustive list):

- you are not right for each other – just not a good fit
- other stresses in life (money, health, family, jobs, and so on) are affecting the relationship
- your partner's *actual* behavior and/or attitudes are detrimental to you (or yours to them)
- you or your partner (or even both of you) are afflicted with perfectionism, so nobody can ever be considered satisfactory
- you may be giving too much weight to the relationship as the source of all happiness and meaning
- you may have acquired insecure 'habits' – perhaps because of previous experiences, or through the example of others.

While you're busy feeling wretched about it all, it can be very difficult to tease out what exactly is going on.

Are you *really* not right for each other, or is it just your insecurity habit talking?

Is your partner being grumpy and unpleasant because they don't love you any more, or because things are very stressful at work?

If one partner's behavior is seriously detrimental to the other, it could be time to end this relationship – but are you too scared to do that because then it would mean you wouldn't have *any* relationship?

And even supposing you could answer these sorts of tricky questions satisfactorily, and act upon them appropriately, will it mean that *then* you will definitely be happy *and* secure?

No. But oh boy, how your chances will have improved!

And that's why we've put together the **10 steps to overcoming insecurity in relationships** course.

What this course will do for you

We've looked at all aspects of insecurity in relationships and what you can do, in a structured way, to address both the feelings and the behaviors that leave you feeling so distressingly unsettled that you yourself become a threat to the relationship's chances of success.

Each step on this course tackles one important facet of insecurity *in detail*, with lots of thought provoking information and tried and tested exercises to help you get an understanding of what is going on in your particular circumstances and what you can, practically, do about it.

But this course is not just a mine of useful information. This course is about *changing the game*.

So each step includes a specially selected audio hypnosis session designed to help you more easily absorb and integrate powerful new behavior patterns and helpful mental attitudes that are positively aligned with your *true* relationship goals. Until it feels *completely natural* to you to automatically feel, think and act in a way that really gives your relationship the chance it deserves.

And far from having to strive obsessively to remember every little thing we'll talk about on this course, you can *relax* and *absorb the material over time*, making it as naturally and deeply yours as your mother tongue that you learned to speak so fluently without even realizing that this was what you were doing.

Ready to commit?

Making big changes in how you approach relationship requires a serious investment of your time and energy. To get the maximum benefit, you need to make a strong commitment to yourself:

- to read your material – over and over
- to listen to your downloads regularly
- to do the exercises
- to practice your new behaviors
- to be patient with yourself and give yourself time
- to notice, monitor and celebrate your progress

and most important of all

- NEVER EVER TO GIVE UP!

How to see how you're doing – the Progress Checker

We've put the material in this course together very carefully to make it as easy as possible for you to use, and to review as often as you need. Each step provides you with vital information, tips, exercises and information about related material.

The related material includes

- links to other associated downloads you might like to purchase (these are suggestions only – they are *not* required for the course)
- links to *free* informative articles to enhance your progress and understanding.

Each step includes a Progress Checker sheet containing two identical charts. We recommend that you print out several copies of the Progress Checker for each step you undertake and keep them sorted in a folder. (For your convenience, we have also put all the Progress Checker sheets together at the end of this document, to make them easy to find and print out).

The Progress Checker makes a number of statements on the topic covered in that step, and asks you to indicate how true these statements are when applied to you. Nobody is going to see this information but you. Be honest and *fair* with yourself.

We recommend that you fill in the first chart on the day you start that step, *before* you read the material or listen to the download. This will give you a base line against which to monitor your progress.

It's only natural that, when you start, most answers will tend to fall to the left hand side of the chart.

At the end of the 7-day assignment period, complete the second chart.

Each week after that, continue filling in a Progress Checker for that step, even when you have moved on to a subsequent step.

And so on.

Why it's important to monitor progress

Keeping tabs on yourself like this makes you *more aware* of even small improvements and helps you to stay committed.

Even *one* move to the right on the chart is progress, and you should be ready to appreciate and congratulate yourself on the smallest positive change that you notice. Always remember that you have a long term goal here, and it's little steps that will get you there. From time to time you may see a big jump, but gradual, steady, sustainable progress is what you are really after.

When do you stop filling in your Progress Checkers? You'll know...

It's time to start.

Good luck.

Mark

10 steps to overcoming insecurity in relationships

Mark Tyrrell



Understanding insecurity in relationships

Step 1 Understanding insecurity in relationships

Welcome to the first step in your **10 steps to overcoming insecurity in relationships** from Hypnosis Downloads!



My possessiveness and fear of losing her brought about the very condition I feared: the losing of her.

Film star Cary Grant
(reflecting after his first wife divorced him)

ACTION POINT! Remember to fill in your **Progress Checker** before you start!

You know what it's like. Your stomach churns, full of dread. You feel that everything hangs by a thread, and any moment it could all come tumbling down. You 'walk on eggshells', worrying that you might say or do the 'wrong thing'. And then you'll be rejected.

It's no way to live, is it? Or love.

Insecurity in relationships, when it gets out of control, brings misery to both sides.

Fear and exhaustion – fear of losing the one you love, exhaustion from constantly wondering what's going on in their head – create tensions within your relationship that actually make you *expect* it not to work.

And we all know how powerful and self fulfilling expectation can be.

The signs of a problem

Feeling insecure *some* of the time, especially in the early days of a relationship, is perhaps natural. It takes time to 'settle' in any relationship, and establish it securely. A lot of negotiation has to happen, and the fact that you love each other doesn't automatically make that easy.

But signs that your insecurity is becoming a problem include:



- constantly feeling that "it's too good to last" when things are going well, and so being unable to fully enjoy the good time through fear of what might be
- always imagining that something's wrong or that you've somehow upset your partner
- continually wondering or asking what your partner is thinking
- often being told by your partner that you have 'misinterpreted' what they say or mean
- feeling like you are not 'good enough' for your partner and perhaps questioning why they are even with you
- not believing your partner when they try to reassure you or tell you they love you
- disregarding evidence that things are okay and instead focusing on what doesn't work so well and amplifying that in your mind – selective perception

- feeling insecure when your partner is around people you fear they may be attracted to
- wanting constant contact – feeling that if your partner hasn't texted or called or suggested you meet up it must mean they have cooled towards you
- feeling and acting 'clingy'
- feeling depressed and hopeless that the insecurity is taking over and causing or about to cause serious problems
- having a history of insecurity causing problems in past relationships.

Now some of this sometimes probably creeps into most relationships but when this level of insecurity is a *major* feature of your 'relationship style' much of the time, then it will inevitably cause problems for both of you until you start to change it.

How relationship insecurity drives partners away

Insecurity hurts the person suffering from it, of course. But it can be just as difficult for their partner. As you know (and as even the suave Cary Grant discovered to his cost), insecurity in a relationship makes us *demanding*. Our insecurity comes from anxiety, and we seek to relieve this anxiety with reassurance. You might not *mean* to be demanding, but this is the effect.

When your partner feels *pressured* to be with you (to avoid over-emotional reaction from you) then being with you starts to feel like an obligation, even a chore, rather than a pleasure for them. They may start to *feel* manipulated – *even though this is not your* intention. And, of course, the more anxious and demanding of reassurance you become, the more likely, even natural, it would be for your partner to withdraw a little emotionally, to protect themselves. Which, in turn, could lead to you feeling even more insecure.

And yes, relationships can and do break down because of insecurity.

It's tough for the partner of a very insecure person to have to be constantly reassuring, to constantly have their reassurance doubted or rejected, to be constantly questioned about their every thought and deed.

In fact, it's tough for them to be with someone who is, at heart, pessimistic about the relationship.

One of my clients who was in a relationship with someone very insecure told me what the experience was like:

"I am constantly being monitored for what I say, and the expression on my face. If I say something that might be taken as a sign that I don't care, or would

rather not be with my partner (and just about anything I say can be taken this way!), then the whole day can be ruined...”

So why might you have become so insecure in your relationship?

Reasons for relationship insecurity

Emotional insecurity can come about for all kinds of reasons (and many of these will be addressed on this course). Early abandonment or constant threat of abandonment by parents or other significant people, for example, can condition us to feel as if catastrophe and relationship collapse are always just around the corner.

When we truly expect something to happen, then we are constantly on the lookout for signs that it *is* happening.

The hypochondriac expects illness to beset them and will, therefore, be looking for signs they are sick. And because they are *looking* for symptoms, they will often find them, even when they are in perfectly good health. When we feel insecure we will find (or convince ourselves we have found) ‘evidence’ that there are problems, even when they’re aren’t. This is how insecurity spoils relationships.

Other roots of insecurity may be abusive past relationships or having been heartbroken by the end of a previous relationship, especially if you felt everything was fine before the relationship came to an end.

Relationship insecurity is, in a way, a chronic distrust of the stability of good things in life and a fear and expectation that everything goes wrong eventually – especially if you really value it.

People may also become insecure in their relationship if they are:

- *insecure about other aspects* of their life (such as their finances, or looks, or intelligence)
- *stressed by their current circumstances* – as stress and worry can ‘leak’ into their relationship.

I want this course to help you do more than just recognize reasons why you might have become so insecure. Finding the cause(s) can be interesting, but doesn’t usually help you *change*.

Through doing this course, I hope you will genuinely start to feel more secure and *optimistic* not just in your relationship but also in knowing that, whatever the future holds, you will survive and potentially thrive.

How to become less insecure in your relationship

Any relationship can fail. Marriages break up all the time and so do romances of all types. This is a fact of life. The problem is that people who are desperately insecure tend to feel that if their relationship ends, then *everything* ends. They *know* this isn't true but they *feel* as if it is.

Loving your partner but feeling pretty sure that *whatever happens in life you'll handle it* may not seem as romantic as feeling that "I can't possibly live without you!"

But it is a lot more practical and ultimately a healthier attitude for any relationship.

So to feel more secure, paradoxically, you need to be more aware and accepting of the reality that, yes, this relationship *could* end, but you will deal with that *if* it happens.

And in the meantime you can enjoy your time with this person – however long that might be.

That may sound like a tall order to you right now.

But take heart. Make sure you get the most out of your download for this session by using it really regularly until what I've been writing about here gets deeply absorbed in your unconscious mind and starts to feel naturally and inwardly right for you.

Make sure that you also carefully read and take in the comments that follow the recommended free article.

ASSIGNMENT 1

Overcoming insecurity in relationships

Download [Overcome insecurity in relationships](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you notice you've begun to recognize when it's you being insecure rather than a true reflection of how the relationship is
- you start to really understand the difference between what you imagine and actual evidence of relationship problems
- you find yourself less preoccupied by relationship worries
- you review the materials on this first step and start really feeling a connection with these ideas
- you start to relax more with the natural uncertainty of never knowing completely what someone else is thinking
- you find yourself starting to enjoy your relationship more

Supplementary material

Related downloads available to purchase

[Overcome insecurity](#)

Feeling insecure in our dealings with others can make us feel more shy, and feeling shy can make us feel more insecure – an unhappy two way street.

Recommended FREE articles

[Overcoming insecurity in relationships](#)

Carefully read the comments that follow this article and see if you can relate to what people have said about their own insecurities. Does this ring any bells with you?

Right, that's all for now! You've made an excellent start.

Be sure to learn all you can from this first session. Relax with the material and 'make it your own' so that it starts to be second nature. Remember to look out for and record your progress indicators.

Next time we'll be looking at overcoming jealousy – an incredibly destructive common side effect of relationship insecurity.

All the best for now.

Mark

1 • Insecurity in relationships Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I can tell when it's me being insecure					
I understand the difference between my imaginings and the real evidence					
I spend less time thinking and worrying about my relationship					
I'm really getting the hang of these ideas					
I am more relaxed about not knowing what my partner is thinking					
I am enjoying my relationship more					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I can tell when it's me being insecure					
I understand the difference between my imaginings and the real evidence					
I spend less time thinking and worrying about my relationship					
I'm really getting the hang of these ideas					
I am more relaxed about not knowing what my partner is thinking					
I am enjoying my relationship more					



I hope you found Step 1 of the 10 Steps to Overcoming Insecurity in Relationships course useful

If you would like to try the whole course, you can [read about it here](#).

All my very best,

Mark Tyrrell

Co-founder of Uncommon Knowledge

Author of [10 Steps to Overcoming Insecurity in Relationships](#)