

CONTENTS

Introduction..... 9

PART 1: CONTEMPLATING INSECURITY

1. Confessions of a Loser:..... 15
Defining Insecurity

2. You're Not Good Enough:..... 23
The Heart of Insecurity

PART 2: CHARACTERISTICS OF INSECURITY

3. Why Am I So Afraid? 35
Fear and Insecurity

4. Where Should I Sit in the Cafeteria? 45
Favoritism, Judgmentalism and Insecurity

5. Look What I Can Do!..... 53
Jealousy and Insecurity

6. Do You 'Like' My Picture?..... 59
Social Media and Insecurity

PART 3: COMBATTING INSECURITY

7. A Great Place to Hide from the Crowd: 71
Identity and Insecurity

8. There is Safety in Numbers:..... 81
Community and Insecurity

9. Being OK with What You See in the Mirror:.....	89
<i>The Greater Fear</i>	
Conclusion.....	95
Appendix A: Should Christians Care What Others Think? ...	97
Appendix B: Online Insecurities Questionnaire	101
Appendix C: Stop Listening to Yourself.....	105