



Insecurity

Top Ten Takeaways

- 1 Fear is irrational and counterproductive. You can't make any powerful or effective decisions from a place of fear.
- 2 The stakes are so low on a first date; there's never any reason to let fear play a role at all.
- 3 Losing is something you do, not who you are. Own your mistakes, learn from them, and don't beat yourself up over the past.
- 4 Humility and vulnerability makes confidence attractive. Without them, men don't know how to contribute to your life.
- 5 You shouldn't have to "try harder" to win him over or wonder "what can I do to make him like me more?" Once you have to convince someone you're worth loving, you've already lost.
- 6 There's nothing wrong with being a pleaser as long as you're getting your needs met too.
- 7 When you contort yourself to keep the peace, or afraid he'll leave, you're no longer living the self-expressed life you deserve.
- 8 All of us feel entitled to our hard-won insecurities. But our insecurities can be exhausting to others.
- 9 When you dwell on your insecurities or blame your partner for them, what you're really saying is, "You can do better."
- 10 If you value you, he'll value you.