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Insecurities- Weakness or Strength?

We either try to cover our insecurities or choose to accept them. Insecurities vary from physical traits like a person’s weight/acne or simply, something that cannot be changed such as a laugh/sneeze. The economic or social status of a person can also be an insecurity. Basically, anything that a person is unhappy about his or herself that can be based off the comparison to others. Constantly comparing oneself to others or being compared to a person by someone is one of the biggest causes. It can be extremely difficult to the point where it triggers our mind, and we can become insecure. Many of us have at least one insecurity, but not many handle it the same, whether we let it weaken or strengthen us.

We become self-conscious due to what others might think of us. It starts off with a comment or something from the internet that makes us insecure. Many times it can be something about us that we have already noticed and wish others would not. Other times it is things others point out like a joke or a comment that makes a person insecure. We can accept and get over it, or it becomes a recurrent thought that can be upsetting and lowers our self-esteem. It can also be a stereotype or an expectation society has of how a person should look, be, and act. We try to change ourselves or hide it, but eventually, we feel insecure about other things. It becomes a cycle and our weakness.

Others are stronger and accept that, we, humans are not perfect. We are full of imperfections, but we can choose to admit that we do. If there is something that can be changed about ourselves, then change as long as we are happy and not because of someone else’s opinion. There is also those who tease or intimidate others to weaken and lower a person’s self-esteem because many times, they have low self-esteems themselves. Laughing at others’ imperfections is the way they forget about theirs. The key is to love ourselves. Be confident, and our insecurities will become our strength.

I am full of insecurities, but I decided to make them my strength. Strength to isolate myself from others to get to know myself and love me for who I am. Strength to back away from people that were toxic. Strength to have faith and be happy. Strength to see my insecurities as part of me and to know it is alright to change but only because I want to. It was not easy to look in the mirror and pin point all of my imperfections, to recognize my insecurities. It is even harder to not be tempted to cover them because I know when people look at me, it is the first thing they will notice. Knowing people who love me regardless of who I am or what I look like made it easier.

I would think every person has had if not the same feeling, then something similar. The difficult part is choosing how to react, what impact it will have our lives, and whether we will choose to make it our weakness or our strength. We should not be influenced by toxic people or the idea society has. We should love ourselves and embrace our insecurities.