

5 signs of insecure people

If you want to prove to your boss, co-workers and customers that you are confident and capable, don't commit these actions that scream "I'm insecure!"

- 1. Tearing others down.** One of the biggest signs of insecurity is when people put others down to make themselves feel better. Choose to build people up, instead.
- 2. Staying quiet.** Confident people speak freely, share their ideas, offer constructive criticism and respectfully point out problems. Stop fearing making a fool of yourself, and speak up.
- 3. Being a people pleaser.** Don't compromise your own goals or beliefs to make others like you. Be willing to say what others don't want to hear and to march to your own beat, if it's the right thing to do.
- 4. Hiding your mistakes.** Everyone—repeat, everyone—messes up from time to time. Confident people own their mistakes and admit their role in a problem. They never point fingers or place blame. Most importantly, they learn from their mistakes.
- 5. Refusing to ask for help.** Everybody—repeat, everybody—needs help at some point. When you can ask for it, you prove that you are strong enough to admit a weakness and smart enough to do what it takes to do the job well.

— Adapted from ["20 Things Confident People Never Do,"](#) Barrie Davenport, www.liveboldandbloom.com.