



Insecurity

1

Look carefully at the picture on pages 40 to 41 of the EMOTIONARY and answer the questions.

- What can you see in the picture?

A tree.

- What is strange about it?

Its leaves are growing underground and its roots above the ground.

2

Why do you think the tree is growing like that? Choose the best answer.

- It is selfish and doesn't want to share its beauty with others.
- It doesn't trust the outside world and wants to protect itself.
- It has decided to grow upside down to be different to other trees.
- Give reasons for your answer.

Trees don't actually feel insecurity but you can take this picture as an analogy for a person who feels insecure and might, for example, hide an aspect of himself that they feel insecure about (e.g. their singing ability).

3 Read the text on page 40 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences.

- T Insecurity can mean not having confidence in ourselves.
- T As a reaction to insecurity, we adopt defence mechanisms.
- F Whenever we go swimming, we feel insecure.
- F Friends always make us feel insecure.
- T Insecurity can make us feel shy.

4 Complete the sentences with words from the **trust** family.

trust > trusting trustworthy mistrust mistrustful

- I don't know what it is about Lydia, but a lot of people **mistrust** her.
- Everyone trusts Jenny. She's completely **trustworthy**.
- Leo always trusts everyone. He is very **trusting**.
- Archie is very **mistrustful** of people. He never trusts anyone.

5 Put the events in order from **1** to **5**. Which happens first?

- 5 Laura doesn't trust Marcus any more and prefers to be on her own.
- 4 Little by little, Laura stops trusting Marcus.
- 1 Marcus promises to help Laura with her English homework.
- 2 Later, Marcus refuses to help Laura.
- 3 Laura asks Marcus to keep his promise.

6 Read the sentences and write the names of the people in the correct box.

- Last summer, Peter’s neighbours promised to look after his plants when he was away, but they didn’t do it. When he goes on holiday this year, he’s going to ask his sister to look after them instead.
- Victoria doesn’t believe she can learn to ride a bike.
- John thinks that the postman isn’t delivering post to his house, so he keeps complaining to the Post Office.
- Michael doesn’t think he can sing, even though he sings it really well.

doesn't trust himself/herself	doesn't trust others
Victoria	Peter
Michael	John

7 Read the situation below and answer the questions.

Ben and Zoe are great friends. Ben is always telling Zoe that she can count on him for anything. Several times Zoe has asked Ben for help with her homework, or with doing a jigsaw puzzle..., but he hasn’t helped her. So now Zoe either does things on her own or asks her dad to help her.

- Who feels insecure? **Zoe**
- Who has she stopped trusting? **Ben**
- What defence mechanism has she adopted? **She does things on her own or asks her dad to help her.**

8 Read the situation and answer the questions.

Yesterday we went sailing with my Uncle Jim. My uncle has had a motorboat for years. We stopped the boat in a little cove to swim and, when my uncle tried to start the engine again, he couldn't. There was something wrong! I got worried straight away and didn't know what to do. I started jumping up and down to try and attract attention but that rocked the boat, so I stopped. My uncle, on the other hand, was totally calm. He picked up his binoculars and scanned the horizon. Then he sent up a flare and, within minutes, another boat came to help us.

Amy

- Who felt insecure? How did they act?

Amy. She started jumping up and down to try and attract attention.

- Who didn't feel insecure? How did they act?

Amy's uncle. He picked up his binoculars and scanned the horizon and then sent up a flare to ask for help.

- What could you say to Amy to calm her down?

Don't worry, Amy. You're safe. Your uncle knows what to do and everything will be OK. You'll see.

9 What could you say to a friend who is feeling insecure to make them feel better and more confident?

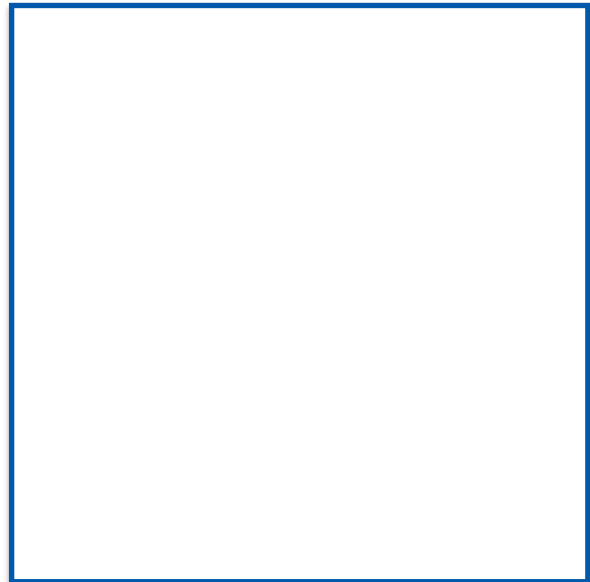
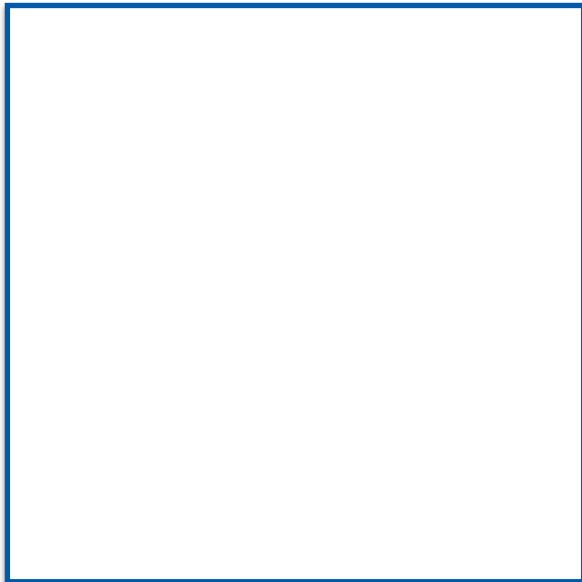
Sample answer: Don't worry, nobody is going to hurt you. I'm here to help you and look after you.

10 Draw a flower that feels **insecure** and another that feels secure.

Insecure flower

Secure flower

Open answer





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NOTES

The EMOTIONARY worksheets belong to the *Say What You Feel* series. For more information on the series, further worksheets and other supplementary materials, please go to www.palabrasaladas.com/f/emo_eng.html