

Small Wisom And Nonsense / Insecurity stems from a few things...

physical insecurity like having the mindset or experience of lacking what you need to survive. Emotional insecurity in believing you are not loved or cannot/will be loved ever. And the conditional or inventions part of both of those.

Either possessing trust and calm that you have in knowing those things will always be available to you regardless of what you do so you can truly be yourself

versus fear and anxiety that you must always be doing something more or different than you're natural instincts and heart tell you in order to keep, obtain, and deserve physical security and love/emotional security.

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27th May 2026

Omg if you're an ESL

25th March 2026

Maybe the time of healing after ...

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