

INSECURITY: A HOMEOPATHIC PERSPECTIVE

When considering an Archetypal Area there are many different aspects (themes) to consider. There are common aspects of 'insecurity' that we all recognize such as lack of self-confidence, or timidity, or shyness. Other symptoms, such as haughtiness or a strong ego, have the appearance of the converse of insecurity, but can also represent aspects of insecurity. In this respect insecurity is more or less compensated in a different way. *Lycopodium* does not appear insecure at all. Remedies like *Tabacum*, *Niccolum* and others can look bombastic, but often this is an attempt to cover a different kind of insecurity. With this in mind, we will explore the different themes and concepts of 'insecurity' and how they are represented in our patients and in different homeopathic remedies and families.

Repertorial descriptions

Using our homeopathic vocabulary, we can consider insecurity simply in terms of the rubric, 'want of self-confidence'. The homeopathic repertory however, is full of descriptions that may reflect a more accurate idea of the way a patient might depict his particular sense of insecurity. Insecurity might appear as resignation, or anxiety; it can have the appearance of mild depression. The patient might describe feeling insignificant, or having a sense of dissatisfaction, or having a sense of failure, etc. It is not just one rubric or symptom that should be considered.

MIND; INSECURITY, mental
MIND; ANXIETY
MIND; BROODING
MIND; IRRESOLUTION, indecision
MIND; DOUBTFUL
MIND; CAUTIOUS
MIND; CAREFULNESS
MIND; RESERVED
MIND; CONFIDENCE; want of self
MIND; COWARDICE
MIND; ESCAPE, attempts to
MIND; SERVILE
MIND; TIMIDITY
MIND; OBSEQUIOUS

Physical manifestation of insecurity

A sense of insecurity can also manifest on a physical level, resulting in an appearance of insecurity. They can have a weak or mild voice and can seem threatened with symptoms of palpitation, certain kinds of diarrhea, or certain kinds of perspiration. Consider remedies like *Gelsemium*, or remedies such as *Ambra grisea* that we know so well for problems of diarrhea or constipation. Consider symptoms of nausea and vomiting in context. What is the possible causation? What is the relation the patient has when she or he experiences flushes of heat? These are just a few of many, many examples to describe this idea.

Behavioral / psychic manifestations

On a behavioral level there are symptoms such as anxiety, timidity, irresolution, different symptoms of inhibition, avoidance, being reserved. On a more psychic level there are fears and feelings of anguish, including a lack of self-confidence.

As an inability to act out aggression

Insecurity or the lack of self-confidence can present in a multitude of ways and it is important to accurately define what we mean in the patient. Insecurity could present as an inability to perform a certain action. Often we consider someone who lacks self-confidence as being insecure and unable to perform or to be productive. This is a frequent description, but this inability can be seen on many different levels. For example, insecurity is often exhibited when one is having trouble facing certain emotions. Remedies such as *Belladonna*, or *Mandragora*, or decompensated cases of Mercurius, or *Saccharum album* can have this experience when there is difficult integration of the sense of aggression. In these cases there may be ambivalence between the expression of anger, and the feeling, "If I express my anger, I might break a relationship that is an important support for me." In this case there is the inability to be self confident enough to say, "I can now be aggressive because even if I am aggressive and even if I lose this support, I can stand on my own feet." There are many different descriptions of this in our repertory from 'violence' to different kind of fullness and redness, or inability to keep aggression hidden.

Insecurity and the appearance of confidence

Some people might compensate for their insecurity and appear over confident and even dictatorial. This is a common way people use to hide their fragility or