

Someone wrote to me in reaction to a diary entry of last week and told me that his insecurity did not develop inside himself but was instilled in him by his parents. His mother had always been very careful, always around him and always afraid that he might do something dangerous. He was thus always sheltered, nearly overprotected in his childhood. Now, as an adult, he feels insecure with everything that is around him. He asked me what he should do.

I decided to give him an answer in today's diary entry because I know several other people who have the same issue, more or less severely. In some cases this kind of imprint from your childhood is visible and noticeable your whole life long and in many different areas of your life.

I have even seen people with this kind of insecurity in relationships where they actually only searched for someone who can take care of them and protect them. They search for another mother or father. If a man finds a wife in this way, they may face some problems in their relationship where the wife is tired of playing the role of the mother even to her husband or the husband at some point tired of eternally being in the role of the child. If a woman finds a man in this way, she, too, may someday have the feeling that she never really grew up and the man can also have the feeling that he actually would like to have a stronger partner at his side.

The point is that if you have realized this insecurity, you can change it! It is up to you! It doesn't matter today anymore that your parents have been overprotective ten, twenty or thirty years ago. Now you are an adult and you can take your own responsibility in your hands. There is no need to seek for someone to take care of you. You can do it. This world is not evil and not that dangerous at all. It is there to enjoy.

Are you not tired of always depending on others to give you a feeling of security? It is a beautiful feeling to feel safe on your own. Experience it by realizing that nothing happens to you when you spend a day without protection of others. Be free. In a relationship this means that everybody takes their own responsibilities for their actions and not one partner all responsibility. This can get too heavy and difficult. Strengthen yourself from inside. You may not have learned that in your childhood but it is not too late for learning it now. Grow up, see that the world is beautiful. Live and enjoy life.

