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Subject Name Capstone

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### Bibliography

Howe, Jeff. "The Trouble with Insecurity." *Psychology Today*. N.p., 1 May 1999. Web. 03 Apr. 2017. I chose this article because it speaks about certain scenarios in which some people affected by outcomes based on relationships. Some root of insecurity is being rejected and others doing better things than you.

Cspice, User. "Thrive by design." *The Psychology of Insecurity : thrive by design*. N.p., 28 May 2009. Web. 03 Apr. 2017. It has sum of each category or possible reason behind why Insecurities occur in some people. It spoke on the behalf of body image, religion, and relationships which may be the cause of broken thoughts that makes the host a person who has no faith in himself or others.

Marsh, Sarah. "Male teens and body image: what are your biggest fears and insecurities?" *The Guardian*. Guardian News and Media, 09 Aug. 2016. Web. 03 Apr. 2017. <<https://www.theguardian.com/lifeandstyle/2016/aug/09/young-men-and-body-image-wh-are-your-biggest-fears-and-insecurities>>. This elaborates on male body image which is also a source of insecurities. Many men have insecurities about their face, bodies, and

even their sexuality and sexual organs. Here I've always thought that only women go through body image insecurities and other aspects of physical adversities. It is actually because of the man box in which men part take in building this physique to fit the criteria of a real man.

"Insecurity and Confidence." *Overcoming Insecurity and low self esteem*. N.p., n.d. Web. 03 Apr. 2017. Self Rejection is a key objective in this article. It speaks that despite under deep analysis those who are insecure tend to hide their insecurities with happy thoughts throughout the day.

Shea, Ryan, and David Baxter. "Thoughts Of An Insecure Gay Man." *Manhattan Digest*. N.p., 06 Nov. 2013. Web. 03 Apr. 2017. It plays a part in insecurity because some gay men and women are very insecure about how they are going to be viewed by those whom they bring themselves around. If it is apparent that many men feel like they have to play the manly part and women who are lesbian feel like they have to play a n assertive part ot get their point across which is not very true that is solely a sign of insecurity to think that someone is going to judge or reject your well-being.

"What's the evidence that anxiety and insecurity turns people to religion?" *Epiphenom*. N.p., 12 Nov. 2014. Web. 03 Apr. 2017. how this plays a role in my capstone because I chose to add a religion category in which why do some people turn to religion is because they feel bad that they have sinned or feel disconnected or lost beyond their faith. I will see whether those who are more religious have more insecurities than others.

Frankel, Bethenny. "Age of Insecurity." *The Huffington Post*. TheHuffingtonPost.com, 20 Apr. 2009. Web. 03 Apr. 2017.

<[http://www.huffingtonpost.com/bethenny-frankel/age-of-insecurity\\_b\\_188959.html](http://www.huffingtonpost.com/bethenny-frankel/age-of-insecurity_b_188959.html)>. Age is something that everyone goes through but how does it affect those who are nearing beyond life. Many elderly people have insecurities about themselves because they begin to lose physical attraction with themselves. Each day they look in the mirror they are left with teeth-less grins and saggy skin. Many elderly try to alter their appearances to actually look young.

College, Union. "Delusions of gender: Men's insecurities may lead to sexist views of women." *Union College*. N.p., 15 Apr. 2014. Web. 03 Apr. 2017. Gender is powers are a social construct which is constructed men. Why a man should have insecurities about himself and whether he feels threatened by a female in power is an issue. Gender will play a role because I want to see whether males or females are more insecure.

Melinda. "The Psychology of Insecurity: Where Does Self-hatred Come From?" *30-Something Therapy*. N.p., 28 Sept. 2013. Web. 01 June 2017.

<<http://www.30somethingtherapy.com/the-psychology-of-insecurity-where-does-self-hatred-come-from/>>.

Whitbourne, Susan Krauss. "Why We Feel Insecure, and How We Can Stop." *Psychology Today*. Sussex Publishers, 28 July 2015. Web. 01 June 2017. the speaks about why we have insecurities and it suggests every different reason that may be the cause of this effect.

Sherman, Jeremy. "How Insecurity Happens and How to Overcome It." *Psychology Today*. Sussex Publishers, 02 Dec. 2015. Web. 01 June 2017.

<<https://www.psychologytoday.com/blog/ambigamy/201512/how-insecurity-happens-and-how-overcome-it>>. This article is a piggyback off of the last one in which it talks about how to overcome any physical adversity that you may be facing in your daily that may prohibit you from feeling happy about yourself.