

Security

Opening Words and Chalice Lighting

“I think we are all insecure, and there is nothing wrong in accepting that. But the problem arises when we try to counter this insecurity by cultivating this illusion of control...” - *Sushant Singh Rajput*

Check-in/Sharing: This is the time to mention briefly any major issues or events on your mind that you would like to share.

Topic: Security

At a time when our lives feel turned upside down, inside out, and stuck in time, we seek handholds, footholds, anything to make us feel more secure. But what does that mean? While many feel anxious about their lack of toilet paper, others fear for their children walking down the street, and many are looking at dwindling bank accounts and wondering how they will be both paying the rent and feeding their families.

What is Security?

- The feeling that one is in a safe environment
- An ability to acquire needed resources (food, housing, clothing, services, employment)
- The ability to utilize public spaces (accessibility concerns)
- One's ability to protect their assets and information (data, home, possessions)
- The sense that the members of one's circle (family/children, friends, community) are not in danger
- One's sense of being a capable individual
- One's belief that others are looking out for them

Things that can drive insecurity

- Unemployment
- Not having enough money in (or even having) a bank account
- Your memory, body or thinking skills are not there for you in ways you expect
- Misinformation, rapidly changing headlines, conflicting opinions

- Shortages in grocery stores
- Prejudice (creates two-sided insecurity)
- Feeling like you don't have control of a situation
- Feeling the environment isn't safe: pandemic, pollution, violence, war, riot, unrest.
- Being "other" (being a woman, non-white, LGBTQ, disabled, having a speech impediment, being odd looking (not fitting the norm: too tall, too short, overweight, out of proportion, cross-eyed, etc.))
- Not understanding social cues (spectrum disorders can leave people feeling like they don't understand life)

Is insecurity transferable? Is it contagious? Example: I can feel worried about environmental issues like clean water, but not like the people of Flint. I can lament trash on the side of the road even though my roads are relatively clean. Example: I wasn't really worried about how my kid was doing, but listening to other parents' worries is making me start to feel increased stress.

Some have many things in place in their lives that make up the web that is their "security blanket." Many of us recognize that we should feel pretty secure, yet there are certainly areas where, rightly or wrongly, we don't. Let's take a look at those things that are driving insecurity and what makes up people's "security web".

Possible Questions for Discussion

- What is your security web made up of?
- Have you become more aware of any securities that you have taken for granted that others might consider a privilege?
- Has your need for security had any downsides in your life?
- Are there things you do to make others feel secure?
- Are there stories from your life that drive your feelings about security?
- How do you cope with things you can not control or when problems feel less recoverable?
- Could you describe a time when you felt surprisingly secure given the circumstances?

(Group will take a few minutes to consider topic and questions and then share).

Wrapping Up: How did you like this topic and session?

Closing Words

"The psychic task which a person can and must set for themselves is not to feel secure, but to be able to tolerate insecurity." - *Erich Fromm*