



Hi, my name is Sebastiaan van der Schrier and I'm an ex-social anxiety disorder sufferer.

Since 2009 I've been working as a social confidence coach with hundreds of socially phobic clients, guiding them to social confidence.

I'm also the host of the popular podcast show in iTunes called "[Social Anxiety Solutions](#)" where I interview thought leaders of both Western traditional psychology as well as Eastern energy psychology to uncover their best solutions to social anxiety.

I've been able to put the information in this E-book together as a result of my own transformation, more than a decade of study of social anxiety and the solutions to it, modelling top therapists, thousands of hours of me coaching clients, and over 500 hours of apprenticeship under top therapists.

The info in this E-book is not your typical change your thoughts, face your fears, CBT advice.

The information I share here will help you understand why your efforts to overcome your social anxiety so far have been futile.

I share with you the most effective technique that I've used to overcome my social anxiety, AND I'll teach it to you on video.

And after you've absorbed the information in this E-book you'll have a basic understanding how you can overcome your social anxiety *completely*.

The foundational information you'll get in and of itself can be life-transforming, yet is just the tip of the iceberg.

Since many people tell me they can relate to my story, let me give you a brief summary to start of...

My Story

At age 5 my dad died. My mom was left with me and my 1 year old sis. My mom became emotionally cold. We fought all the time. I was the problem child. I hated my stepdad whom my mom met when I was 7. He was super strict and mean. He didn't like me either...

I was walking on eggshells all the time, worrying about the next thing I would do wrong. There was constant fighting in the house between me and mom, and mom and him. And I felt I was blamed for everything.

Eventually I was placed outside the house when I was 11. I went to 4 different schools before the age of 12. I lived with my uncle for a year because my mom and I couldn't stand each other.

From around age 11 or 12, I had Social Anxiety. This progressively got worse.

Around age 16 it got really bad. I was constantly anxious, feared becoming anxious, and had a big problem with blushing.

I was especially anxious being in groups of people.

When the attention was on me, I'd often blush.

I felt intimidated by guys that were stronger than me. I was very awkward with girls I found attractive, and I was noticeably insecure and anxious around people that were popular.

I blushed when I was disapproved of, or when I did something "uncool".

I felt anxious around most of my friends.

Socialising was often very try-hard as I overcompensated by pretending to be "cool and relaxed", while I was actually very anxious.

Due to all this discomfort socially, I started to avoid more and more social situations.

I smoked a lot of weed, drunk a lot when I couldn't avoid a social gathering, and in weekends I came up with excuses to avoid going out.

I often stayed at home in my room by myself, feeling deeply lonely.

I felt like I didn't belong anywhere. And that it was me against the world. I saw myself as a big loser and was convinced that others thought of me as a loser as well.

I "knew" that most people didn't like me, and that they were always waiting for an opportunity to make me look bad.

I felt insecure, anxious, and I was horribly afraid of becoming embarrassed.

I was ashamed of who I was, I disliked most people, was terrified of my future, and to say that life was a living hell would be an understatement...

For the longest time I had no clue what was going on with me. I just knew that it sucked, and that I was often overcome with intense emotional pain I did not know what to do with.

When I did some random online test around age 17, I was linked through to some sales page for a dating program. I ended up buying the dating course.

Aside from techniques on how to talk to women, I was given some psychological insights that massively empowered me.

I realised that what was going with me was a result of my inner psychology, and that I could overcome these challenges.

I was taught that when I "simply" changed my negative limiting beliefs I would overcome my anxiety. This change in my perspective gave me great hope because now there was something I could DO about my situation.

It turned out not as simple as I had hoped though...

But I committed myself to do whatever it took. To keep going until I was anxiety-free.

I swore to myself I'd make it happen. No matter what.

I was given some resources to change my beliefs and found plenty of my own. I worked through countless books, tapes, self-help and different forms of therapy.

I worked with an NLP Master, I tried hypnosis, I used the CBT techniques, I did horrifying exposures I was absolutely terrified to do (more about these soon), but nothing truly helped.

For years I struggled to get results.

The common understanding that was hammered into me, was that "facing my fears" was the ONLY way. I did that, on various occasions. But it wasn't enough for me to get lasting results.

I couldn't do these scary exposures consistently.

I was super anxious days in advance in the knowledge I was going to face my fears.

I wouldn't be able to catch sleep days before the dreaded exposures. And even when I did them, the confidence I gained from them was short-lived.

In a few days I lost my painfully gained confidence.

But I felt there had to be a solution. So I just kept working on changing my beliefs by doing affirmations, journaling, changing my thoughts, facing my fears on occasion when I mustered up the courage, hypnosis, and whatever else I could get my hands on.

I made only very slow progress. And I often felt like I was going nowhere...

In 2006 I eventually stumbled unto "EFT" (Emotional Freedom Techniques - more in this E-book).

This is a strange looking tapping technique that combines Western Psychology with ancient Chinese medicine. It's like acupuncture, but instead of using needles you tap with the tips of your fingers on specific acupressure points on your face and body while simultaneously focusing on a problem.

As you do apply EFT while focused on a problem, the negative emotions connected to the problem reduce, and eventually release.

I know, hard to believe...

And when I first saw it I thought it was complete nonsense, probably some internet scam.

But, I was curious (or desperate) enough to do some research online. I found tons of info teaching the basics for free.

I also found hundreds of videos of people sharing the basics, forums dedicated to it, and thousands of testimonials of people claiming it worked where nothing else had worked to resolve their long-standing issues.

I decided to give it a committed try.

Since this was far too big to be a scam, I decided to make it work for me. Or at least find out with 100% certainty it would *not* work for me.

It wasn't working for me at first.

So after a few months I eventually decided to work with an EFT expert.

I took a workshop and here I experienced a profound emotional shift.

In the workshop we were taught the technique (super simple, and I'll teach it to you over a few videos soon). We were then going to practice in dyads, one practitioner, one observer, one client.

As the practitioner I witnessed the lady I instructed to do EFT release her intense sadness rapid quick.

When it was my time to be the observer, I watched the other lady reduce her fear in minutes.

Amazing to observe for the first time. What I had seen on all the practice videos from the EFT courses I had bought I now saw live.

But when it was my turn to experience the effects of EFT, they were stuck.

I thought "great, yet another thing that doesn't work for me..."

They called in the workshop leader.

He then asked me some probing questions, and I ended up sharing in front of all of them that I couldn't get a girlfriend, or had not had sex in a long time.

As a guy in my early twenties, this was my most humiliating secret.

I felt totally ashamed and embarrassed and became bright red.

He then instructed me to start the EFT tapping.

As I did, I literally FELT something shift inside me. The shame and embarrassment started to rapidly dissolve.

Within minutes I went from ashamed and embarrassed to totally calm and peaceful.

This was pro-found.

It was like a plug was pulled from a drain, and all the emotion flushed out of my body.

After this I felt deeply relaxed.

He asked me to try to get the shame and embarrassment back, and I couldn't. Not even when I tried my hardest! I could talk about it in front of everyone and was completely relaxed.

This might sound dramatic, but it was life-transforming for me.

I had never experienced such profound relief in such a short time. None of the other techniques and therapies of the 5 previous years had ever achieved that...

Now this shift certainly did not resolve my social anxiety.

But it did already reduce it a bit.

I felt less anxious overall, and in certain situations that would usually make me blush uncontrollably, I had a bit more emotional control.

And that shift I experienced that day lasted.

More importantly, it was such a profound experience for me that I knew EFT worked. I then decided to study EFT and use it to resolve my social anxiety completely.

I've since then paid a ton of money to undergo therapy sessions from various EFT Masters and experts.

It took a lot to resolve my social anxiety. None of the experts suffered from it themselves so they couldn't relate. But, I was still making progress each session.

And eventually, with a lot of persistence, I've gradually managed to overcome my social anxiety completely.

I've now been anxiety-free for years. And I'm calm and at ease in social situations.

I now actually enjoy socialising, I connect with others effortlessly, and it's just become something that's normal. I don't think about it, it just happens naturally.

I've created a great social life with fun, loving people whom I enjoy spending time with. I feel free to be myself and have a social life that's fun and satisfying.

And while it's been a long journey to get here, it's been SO worth the effort.

Now this might sound far from possible for you at the moment.

When you've been suffering for long, it can seem like you're a "tough case" and you'll suffer forever (most people with social anxiety think this).

But with EFT you can gain relief quickly.

Most people that start EFT experience *relief* within just a few minutes.

Yes, minutes.

Note that I say "relief".

To overcome your social anxiety is a different story than experiencing relief.

Social anxiety tends to be a complex issue to overcome. If you don't know how to address it, you can end up going in circles, even with the power of EFT tapping.

You can free yourself of it, but there is a way of applying it to your social anxiety that gets you poor results, and there is a way that gets you great results.

This E-book is an *introduction* to how to you get great results that last.

Read all I have to share in this E-book. Absorb it. Listen to the podcasts where I interview the psychologists, therapists, and psychotherapists.

And most of all... actually DO THE EFT TAPPING! I've got a whole free video series for you.

You will overcome your skepticism of it working by EXPERIENCING it for yourself.

Once you *feel* less stressed, worried and anxious, and you experience more peace and calm in just a few minutes, it's hard to deny this change.

Just learning the basics of EFT I teach in the video series, and the basic overview on how to become anxiety-free I share in this E-book will already give you ways to reduce your anxiety, and gain more emotional control.

And, when you decide to go deeper and you persist, you can become anxiety-free too.

Let's begin.

How To Overcome Social Anxiety Completely

Here's an example of a common client case I had. Let's call him "Mark".

When I first spoke with Mark he told me he had tried everything to overcome his social anxiety.

Nothing had worked...

He felt hopeless, frustrated and depressed.

He believed there was something terribly wrong with him, and he feared he'd have to live with his social anxiety for the rest of his life.

To his credit, he had done the work. He had seen a variety of therapists, read self help books, did exposures and tried out several programs that promise to beat your anxiety.

He basically tried anything and everything that was recommended, and still was experiencing intense social anxiety.

I could relate, and maybe you can also relate.

So why is this? Why does all that effort not pay off?

Because Mark had been focusing all his efforts on "beating his anxiety".

And while it makes sense to focus on overcoming the problem we're most aware of, in this case it doesn't work.

And that is for a reason.

When we fight our social anxiety we're fighting the symptom of a deeper underlying problem.

And since this doesn't work, or doesn't work long term, this often leads to massive frustration and a fear that the social anxiety can never be resolved.

However, with persistence, focusing on the underlying causes of the symptom, and applying EFT in the right way to the right issues...

... social anxiety can be completely overcome.

Below follows an explanation that gives you an generalised perspective on how to overcome social anxiety.

Let's start with a provocative, true statement:

Your Social Anxiety Is Not the Real Problem

Don't get me wrong; it is a *massive problem*.

But, it's not the main problem you should focus on to overcome it.

Just focusing on beating your anxiety is like trying to mop the floor dry with the tap still running...



It's a lot of hard work, ineffective at best, and may not bring you lasting results.

When you "stop mopping" the anxiety will likely be back.

In order to overcome your social anxiety you need to focus on the *real problem*.

You need to "close the tap".

As you read this, I suspect you've tried many things to let go of your social anxiety. And your results have either not been as great as you expected, or worse, they've been non-existent.

And in some cases, your anxiety might have gotten worse (why that is the case is for another article...)

You might have made some positive changes, but these never seemed to last. And your progress -if there has been any- has been frustratingly slow.

You might even have tried EFT and have made more rapid improvements than before, but still haven't gotten the lasting results that you are hoping for.

Overall, you're still far from resolving your social anxiety and you are asking yourself why that is when you have worked at it so hard for so long.

So why is this? Could it be because you've been fighting the wrong battle?

Let's go into depth on why you experience anxiety in the first place.

Why We Experience Anxiety

You experience anxiety because your subconscious mind *perceives* you to be in danger.

Whether that is a real danger like a wild bear approaching you, or the *perceived danger* of getting rejected or embarrassed makes no difference; it simply reacts to the external stimuli.

To protect you from this *perceived danger*, it fires off a built-in, automatic early-warning system referred to as the fight, flight, or freeze (FFF) response.

Every time this FFF response is activated, adrenaline gets pumped through your veins, blood rushes away from your head and your digestive system into your outer limbs, and your throat tightens up.

Your heart races a hundred miles per hour, your mind blanks out and you feel a knot in your stomach or chest.

Sound familiar?

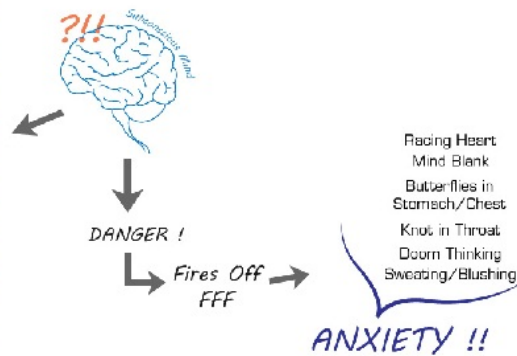
Or, when you're in a difficult social situation, do you find yourself doom-thinking, seeing everything through the filter of possible danger, being hyper-alert to whatever you fear might happen?

This is the aftermath of the fight, flight, freeze (FFF) response having been activated.

All of these symptoms enable you to fight, run or hide from the danger your subconscious mind perceives.

You might recognise these symptoms as what we generally call "anxiety".

Social Situation



Anxiety presents itself in a variety of ways, all of which are very uncomfortable.

As a result, you are acutely aware of the anxiety as the one thing you most want to get rid of. It's at the forefront of your attention.

But what you should know is that the anxiety you experience is only a symptom of a deeper problem.

So What Is the Real Problem?

We've established that anxiety is not the real problem, it is simply the set of feelings and physical symptoms you experience when your FFF is activated.

Let's take a closer look at what happens in a typical FFF activation:

Your subconscious *perceives* a danger or threat and fires off the FFF response. That FFF response sets off feelings of anxiety to prepare you to deal with the immediate threat.

"Most social anxiety sufferers are too busy dealing with the aftermath of the FFF response to question what triggered it in the first place."

I invite you to reread the above sentence.

Why?

Because understanding that the cause of the trigger results in the social anxiety symptoms, is the key to the solution.

When your subconscious perceives that you are not safe, it activates your FFF response, which causes your anxiety symptoms to surface.

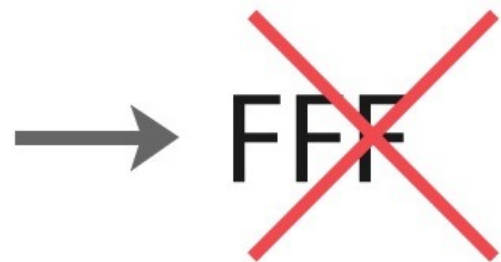
You can therefore try to control the anxiety symptoms all you want, but until you address what activates your FFF response you'll never be completely free of your social anxiety.

You need to "close the tap" in order to be able to mop the floor dry completely.

The *real problem* is that your subconscious mind *perceives* that you are not safe in social situations.



And since the subconscious mind's main 'job' is to protect you and keep you safe, it's only going to stop firing off the FFF response to put your system in survival mode once it no longer perceives danger!



Let's go back to Mark.

Since he had been fighting his social anxiety symptoms, he had been fighting his survival mechanism.

And his survival mechanism will ALWAYS win because it's main purpose is to keep you safe!

This is why most people feel like giving up.

They've been fighting a battle they can't win.

Mark only started to make lasting changes once he understood and accepted that the anxiety symptoms were the body's normal response to (perceived) danger.

We then eliminated the reasons for why Mark's subconscious perceived danger, and he started to make big improvements and was finally able to overcome his social anxiety.

What Causes This Perception Of Danger?

Let me ask you a question.

Why is it that certain people feel naturally comfortable in social situations, while you are terrified of being disapproved of, look foolish, or get rejected?

What is the difference?

The difference is how we filter the incoming information.

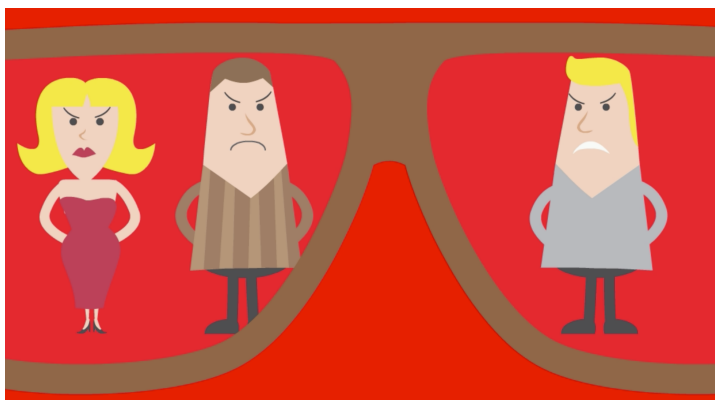
What to a socially anxious guy is a demeaning laugh aimed at making fun of him, is to a socially relaxed guy in the same situation nothing but innocent laughter from someone having a good time...

Their *perception filter* is what makes all the difference.

This perception is determined by the beliefs you have. When you have negative limiting beliefs like the below:

- There's something wrong with me
- I'm different
- I'm not good enough
- I have to be perfect to be loved
- People are mean
- People are out to get me
- People don't like me
- I can't trust people
- The world is a dangerous place
- I must get everyone's approval

You might end up perceiving this:



When you filter the world through these negative limiting beliefs, the perception is one of danger, and the FFF will be activated and you experience anxiety.

When you operate from more supportive, positive beliefs like these:

- I accept myself the way I am
- I am unique
- I'm good enough
- I am loved in all my imperfection
- People are nice
- People want to make me feel good
- People like me
- I can trust people
- The world is a safe place
- I approve of myself

How different would you feel?!

And how different would you filter the incoming information in a social situation?

You'll likely end up *perceiving* the same situation like this:



As you filter the world through these positive, supportive beliefs, there is no perception of danger → no FFF-activation → no anxiety.

Imagine how different you would feel if you believed that you're equal to anyone else in the world...

... and that you're worthy, loveable and deserving.

What it would be like if you were convinced that people are nice, respectful, friendly, and want to be your friend?

One main key to overcoming your social anxiety completely is to change the negative limiting beliefs that cause the perception of danger to positive, supportive beliefs.

Change your beliefs and you can change your life.

Let's get into some basic understanding of beliefs...

What Is A Negative Limiting Belief?

A belief is basically just a thought/idea attached to strong feelings - an idea to which you have become emotionally attached due to conditioning and experiences.

Examples:

“I’m not good enough”
“people don’t like me”
“The world is a dangerous place”

I’d like to categorise beliefs into two categories:

1. Surface beliefs
2. Deeply ingrained beliefs

Surface beliefs, like “socially confident people are arrogant” have little or no emotional evidence. As a result, they are pretty easy to change.

You can use EFT tapping while verbalising the belief and as you challenge the validity of the belief. For example:

“So every single person who’s calm and relaxed socially is also full of himself?”

Gandhi and Mother Theresa were comfortable socially... were they arrogant too?

In the whole world, there is not a single humble person who is also confident in social situations...

...Really?!”

By doing this, the validity of the belief will no longer feel true, and the belief is typically changed for good.

But here in this E-book we will focus on how to change the deeply ingrained beliefs, as these beliefs take a different approach to permanently let go of.

And, as you change these beliefs you can notice a significant improvement in your life quality.

So what makes a belief deeply ingrained?

A. It *feels* strongly true, even though you might logically not agree with the belief (you can logically *know* you’re not less than someone else, yet you can still *feel* inferior)

B. There is strong emotional “evidence” for the belief being true for you (you have experienced the belief to be true; you have been in situations where people didn’t like you, for example)

Knowing this, let’s deepen our understanding of beliefs some more.

Where Do Our Beliefs Come From?

Beliefs are formed as a result of life's experiences and programming.

The things that happened to you in life caused you to form beliefs about what those experiences meant.

You put your finger in the fire and you learned fire is hot.

When you got rejected a lot, the experiences taught you that you're "not good enough" or that you're "not OK".

If you were always blamed for everything, you might believe "I'm a bad kid".

If you were never acknowledged, or always ignored, you could've started to believe you were invisible. Or unimportant.

When you were always criticised, you might believe "there's something wrong with me".

And so on.

Our beliefs can come from many sources.

We can download them from observing our parents interaction with the world, we learn them from the way we are treated repetitively, we pick them up from our peer group, and we've got downloaded beliefs from our culture.

But we can in most cases track these deeply ingrained negative limiting beliefs down to Significant Emotional Experiences (negative life experiences, or traumatic experiences).

Let's have a look at how this happens.

How Significant Emotional Experiences Create Beliefs

A significant emotional experience is nothing but a painful life experience, which you now remember as a negative memory.



When you experience a Significant Emotional Experience (mini-trauma) you experience such intense negative emotion that it completely overwhelms your ability to cope or integrate the ideas and emotions involved with that experience.

In order to keep you safe from becoming overwhelmed, your subconscious mind in that moment makes a generalised split-second decision about the experience in order to keep you safe.

It registers all the information of this traumatic experience in your memory and additionally, to protect you from having this experience again, your subconscious mind makes certain decisions, which form beliefs, based upon this experience.

And these negative limiting beliefs form your internal roadmap for life.

An example...

Say you are 8 years old and while reading out loud in front of the class you are made fun of and become totally embarrassed.

Because this is traumatic to you, your subconscious makes a split-second decision about what this experience means -in order to protect you from it happening in the future.

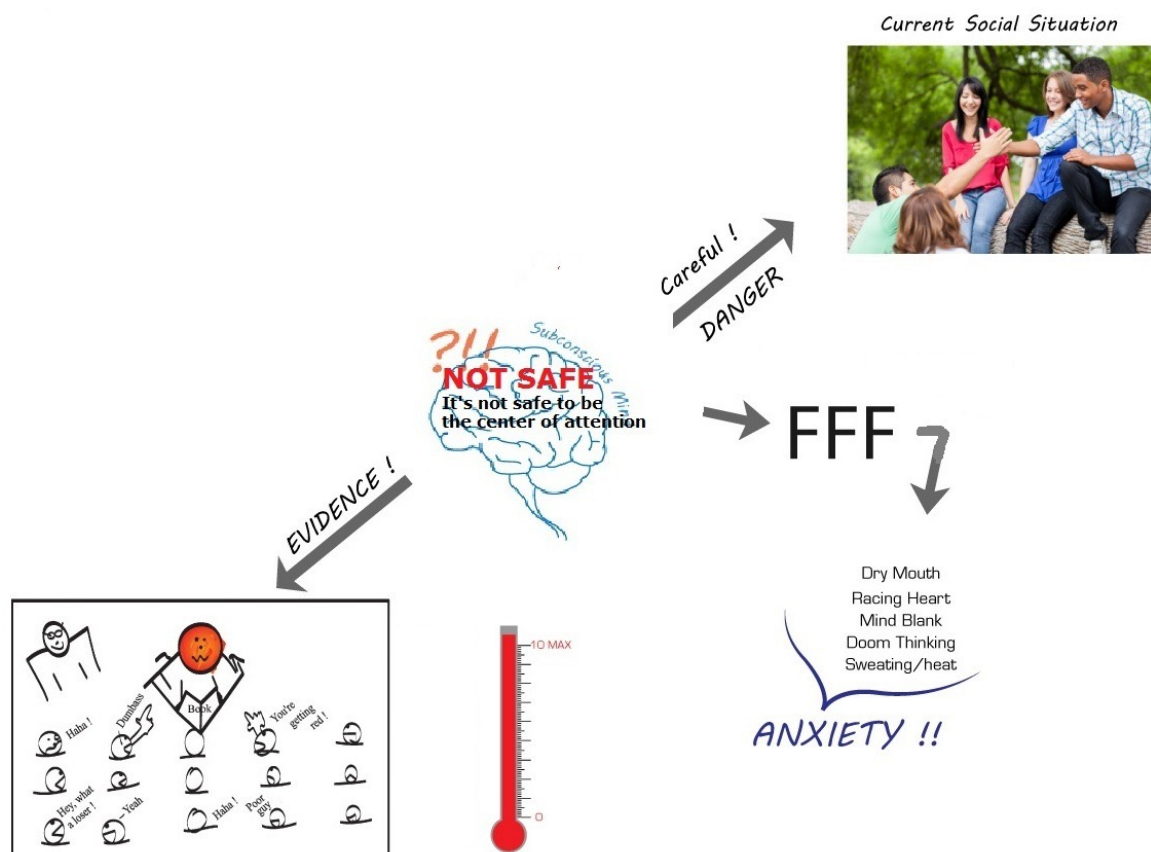
The decision may have been “it’s not safe to be the centre of attention”.



This belief has now become part of your automatic (subconscious) operating system.

Then, as you filter the world through this learned negative limiting belief, your subconscious perceives you to be in danger in a certain social situation where you are the centre of attention.

And because of this perception of danger it acts accordingly by firing off the FFF response, and you experience anxiety:



Currently, you have several negative limiting beliefs that you learned through Significant Emotional Experiences.

And these beliefs cause the perception of danger socially, which leads to the FFF activation, which results in you experiencing anxiety.

So *one of the main keys* is to get rid of these negative limiting beliefs.

How To Get Rid Of A Negative Limiting Belief

A belief is nothing but a thought that *feels* true. And when a negative limiting belief feels true, like “people don’t like me” it disempowers you and makes you perceive danger around people.

Once a belief *no longer feels true*, it’s no longer a belief...

... it’s now just a thought that has no power over you.

So the key to changing your beliefs is to get rid of the emotional attachment to the belief.

Now as you learned, these beliefs you weren’t born with. You picked them up throughout life.

You learned them.

And you can “unlearn” them.

And a belief *feels true* because you have reference experiences (emotional evidence) to prove the belief to be true.

For example, if you believe “people don’t like me” you must have *evidence* of this being true.

This evidence (evidence in the form of Significant Emotional Experiences or programming) makes it hard to simply change a belief by consciously choosing to believe something more empowering.

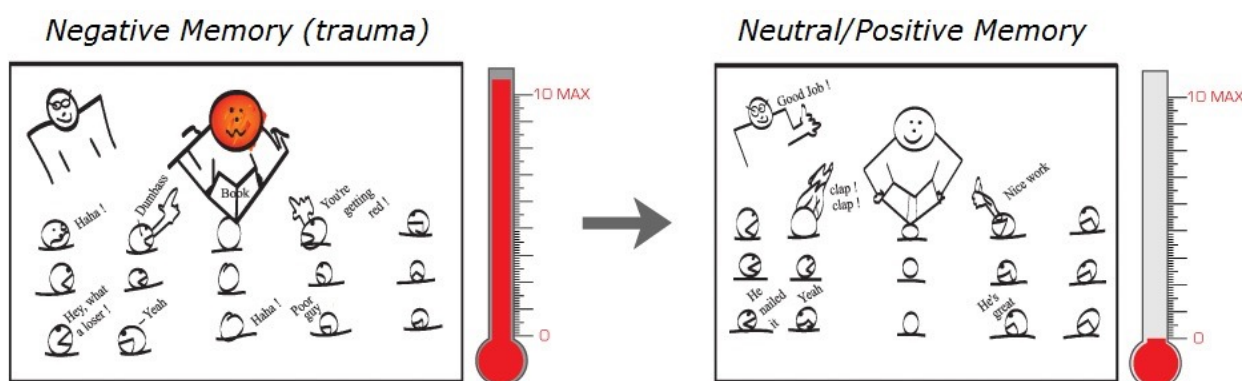
For example, it’s hard to convince yourself to believe that “people are nice and friendly” when you have *emotional evidence* to the contrary.

When you affirm to yourself “people are nice and friendly” your brain goes “uhh, I don’t think so, remember when Johnny pulled down your pants and ridiculed at you? And remember when those girls picked on you? And hey look around you at all these folks that dislike you, dummy!”

When you believe that people don’t like you, you likely have had Significant Emotional Experiences in life (emotional evidence) where you learned this to be true, or perhaps you picked this up from the relationship with your caregivers, or teachers.

Whatever the case may be, by using EFT you can neutralise the negative emotions from these traumatic life experiences.

In doing so you destroy the evidence.



Without emotional evidence that people don’t like you, the belief no longer *feels true* to you and it no longer affects you.

Let’s get some basic understanding of what EFT tapping is.

Emotional Freedom Techniques (Tapping)

EFT Tapping is a strange-looking technique that is part of an exciting new field called “Energy Psychology” (EP).


When you use EFT you tap on specific parts of your body while verbalising phrases that keep your focused in on a negative emotion.

As you tap and focus on this negative emotion it rapidly reduces and often releases in just a few minutes.

If you've never seen it before (it's by an estimated 10 million people worldwide) you probably think it's nonsense.

Anthony Robbins

"If you're looking for ways to change your life, check out Energy Psychology, it's pretty extraordinary."



*quotes are from eftuniverse.com, one of the main EFT websites

How can something this stupid looking and out of the ordinary work? It must be a scam!

Or some weird new-age technique that only works for people when you believe in it.

That's OK. Was the same for me.

But I urge you to do your research, and give it a committed try.

It's not a placebo (you don't have to believe in it; it still works if you don't believe it will work).

It's not a distraction technique because you're especially focusing in on the problem and the negative emotion.

And it works very effectively once applied in the right way.

You can learn the basics of tapping for free in just 10 minutes. I'm offering you several free videos at a link I'll share in this E-book in a second, so you can experience it for yourself.

After you've learned the basics you can start using it immediately to calm yourself down and use it to release and let go of some easier challenges.

That in and of itself can improve your life significantly, because you'll be better able to manage your emotions. But there's *a lot* more you should know to become completely comfortable in social situations...

... because overcoming your social anxiety requires using the tapping aimed at *the right issues*.


Social anxiety can be a complex issue to address and the basics of tapping can only get you so far.

More on that later, let's first go a bit deeper on what the tapping is.

Bessel Van der Kolk

Professor of Psychiatry, Boston University School of Medicine

"EP techniques and procedures can bring about remarkably rapid changes in the way people feel."



EFT (Tapping) is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system and body all at once.

The practice consists of tapping with your fingertips on specific acupressure points while talking through traumatic memories and a wide range of emotions.

Nathaniel Brandon, PhD
author of *The Six Pillars of Self-Esteem*
"The techniques of EP have provided me with invaluable tools for working with trauma. No therapist can afford to remain ignorant of this new and exciting field."



As you can see through these quotes, it is recommended by PhD's and thought leaders in the fields of psychology, self-help and spirituality.

EFT has been featured on the Dr Oz show, Oprah, Psychology magazine, the Huffington post, and many more.

EFT Tapping is scientifically proven to be effective.

Bruce Lipton, PhD
Author of *The Biology of Belief*
"EFT is a simple, powerful process that can profoundly influence gene activity, health and behavior."



Jack Canfield
"The most powerful new transformational technology to come along in years."



Studies have shown that EFT reduces the production of the stress hormone cortisol and increases production of serotonin and other neurochemicals.

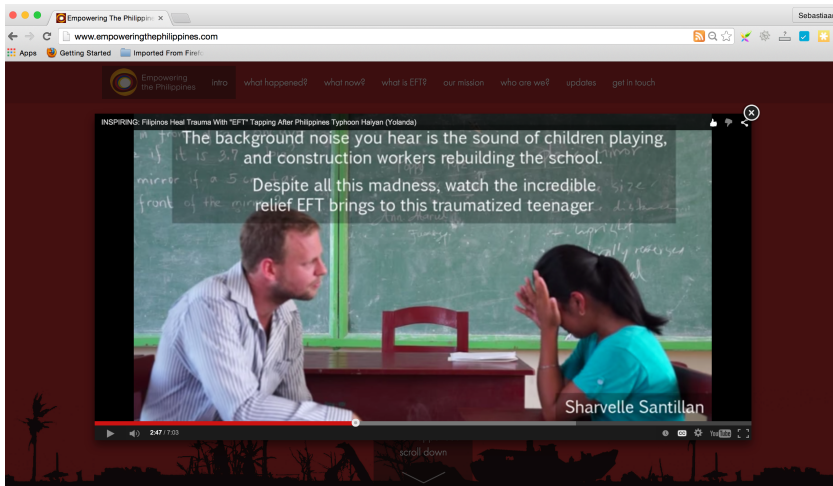
These biochemical responses help regulate the autonomic nervous system and create a sense of calm.

Tapping helped me overcome my social anxiety *completely*.

It contains elements of, and easily blends with, therapies like CBT, ACT, NLP, Inner Child work, and others.

I have witnessed the incredible changes this has produced in my socially phobic clients whom I've been helping to overcome their social anxiety since 2009.

And I've also seen it work on even the most severe trauma when working with survivors of Super Typhoon Yolanda (the biggest storm to ever hit land) in the Philippines.



The loss and trauma these people experienced is unfathomable (nearly 8000 deaths, corpses everywhere, no food and connection to the outside worlds for 3 days).

Since I live in the Philippines, I organised a team of EFT experts (psychologists and psychotherapists, also expert in EFT) to come to the Philippines to help the survivors overcome their traumas.

During our 3 week long mission we saw thousands of people release their severe emotional trauma using the tapping.

For most of them, all of the fear, sadness, guilt, anger and other negative emotions was released in less than an hour.

Even with their eyes closed, imagining the worst parts of the storm (roof flying off houses, seeing dead bodies of babies, a storm surge flooding their house to the top floor, etc) they were now calm.

They couldn't even get upset about it when trying!

They felt tremendous relief, peace, and acceptance.

Their sense of safety was restored and they could now move on emotionally.

Now if the tapping works for this intense of a trauma, could it be possible EFT can help you too?

In my experience, when you use tapping it in the right way it will *significantly reduce* the time it takes you to free yourself of your social anxiety and feel confident being yourself around others.

If you're still skeptical, there's only one piece of advice I have for you:

Give it a committed try!

Experience is the best evidence :-)

I have created a video for you where I guide you through a 15min tapping experience. By following along with this simple video you will experience a relief from your social anxiety, and feel more confident and at ease afterwards.

If you haven't seen it already, you can watch this [here](http://www.social-anxiety-solutions.com/overcome-social-anxiety/) :

<http://www.social-anxiety-solutions.com/overcome-social-anxiety/>

How To Become Anxiety-Free

I have give you a lot to digest in this article. This is global view of how to go about it. But it is far from the whole solution. It's maybe 15% of it, if that. A foundation of understanding.

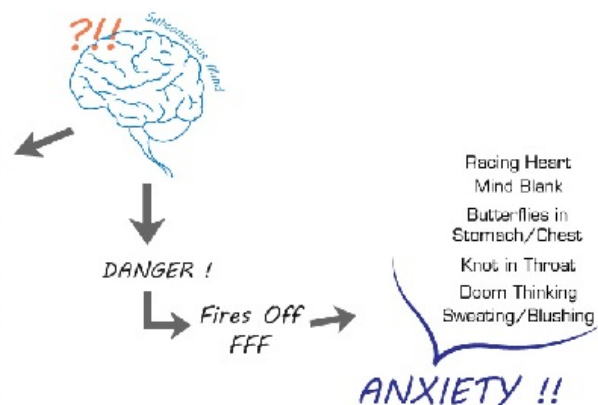
Let's first summarise what we've learned so far and break it down into easily manageable steps.

1. Realise that your social anxiety is not the main problem. The social anxiety is a symptom of a problem. The real problem is the *perception* that you are not safe.



2. Because of this perception of danger your subconscious mind fires off the FFF response.

Social Situation

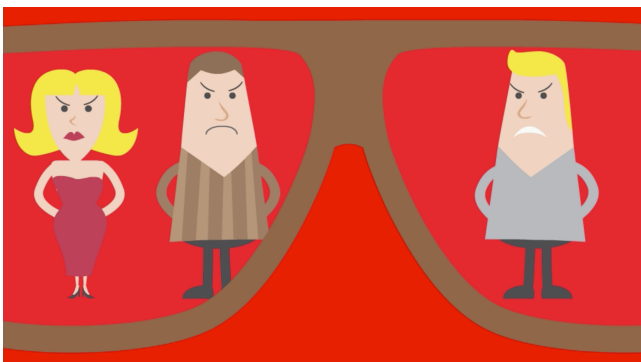


3. Since your subconscious mind believes this response keeps you safe it is resistant to letting go of the response and will sabotage your conscious efforts to beat your anxiety.

Trying to beat your anxiety is trying to beat your survival mechanism; it won't work!



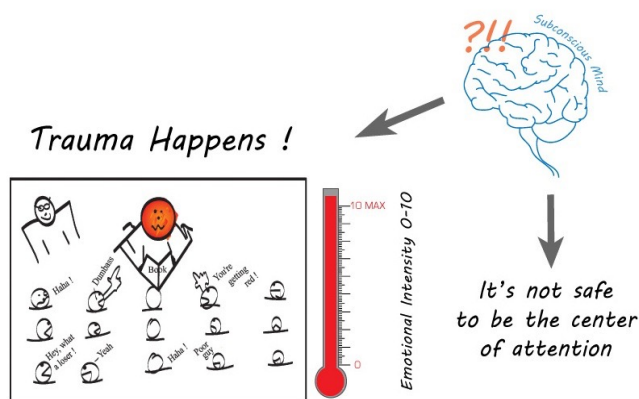
4. The perception of danger is caused by the negative limiting beliefs that you learned throughout life.



5. In order to feel safe in social situations you need to overcome these negative limiting beliefs.

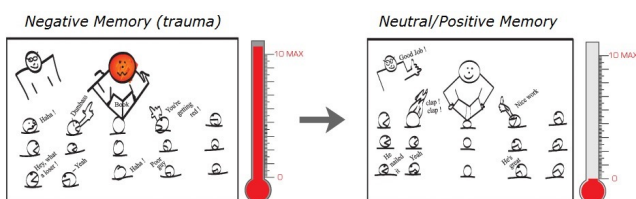
- ——— There's something wrong with me
- ——— I'm different
- ——— I'm not good enough
- ——— I have to be perfect to be loved
- ——— People are mean
- ——— People are out to get me
- ——— People don't like me
- ——— I can't trust people
- ——— The world is a dangerous place
- ——— I must get everyone's approval

6. These beliefs feel true because you have emotional evidence (painful experiences; Significant Emotional Experiences and programming) of them being true.



7. You collapse these negative limiting beliefs by *eliminating the evidence* of them being true.

You do this by using EFT tapping to release the negative emotions from the earlier traumas and programming where you learned these limiting beliefs.



8. As you get rid of these negative limiting beliefs that cause the perception of danger, there will no longer be a need to activate your survival mechanism.

When you're safe, there is no FFF response. No FFF → No anxiety.



9. As you eliminate the negative limiting beliefs that cause the perception of danger one by one, old stuck emotions of shame, fear, anger and guilt are being released as you heal these old wounds (Significant Emotional Experiences) where you learned the beliefs.

Slowly but surely you find yourself feeling more confident, calmer, and better about yourself.

Your self esteem rises. Your self acceptance deepens. You're less emotionally reactive.

Your self-consciousness starts to dissolve. You're more easy going:

You're becoming more comfortable being yourself.

Along with other inner work and various effective tapping exercises your overall intensity of anxiety continues to decrease as it becomes safer to be you in more and more situations.

And your anxiety symptoms will appear in less and less social situations.

Over time, as you persist, you get to feel totally safe being yourself.

Now you can finally express yourself freely, connect and make friends easily, and create the relationships you want and live your life to the full.



12 Steps to Social Confidence

The tapping is a tool you can use for the rest of your life. Awesome!

To become totally calm and comfortable socially is a different story though.

It's not as easy as knowing basic tapping and clearing a few past painful experiences (though this is an essential piece of the puzzle).

The whole approach to overcome it is impossible to put in a simple E-book.

To give you an idea, the online course I've created consists of 12 Steps. I've been able to put it together in late 2011.

It naturally started to come together as a result of my own healing journey, studying the top EFT experts, years of coaching socially phobic clients, and a lot of experimentation.

I started seeing clear patterns in my socially anxious clients' problems, and was using the same techniques to overcome these problems.

I also discovered that there are various stages of transformation, which have an order to them.

From this I created an EFT-based course to overcome social anxiety. Over the years I've gotten tons of feedback, tested and refined it, and now people consistently report life-changing results.

You can check it out here : www.social-anxiety-solutions.com/social-confidence-system/

Enjoy your journey to Social Confidence!

Seb

EFT Research

1. An excellent review of research by David Feinstein published in Review of General Psychology: Feinstein, D. (2012). Acupoint stimulation in treating psychological disorders: Evidence of efficacy. Review of General

Psychology, 16, 364-380. doi:10.1037/a0028602

Download PDF from:

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2. A review by Dawson Church published in the journal Psychology-

Church, D. (2013). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions. Psychology, 4(8), 645-654. doi:10.4236/psych.2013.48092

See the abstract and download a PDF version at:

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=10957

3. The research section of ACEP - Association for Comprehensive Energy Psychology provides a summary of all published studies on Energy Psychology:

http://www.energypsych.org/?Research_Landing

4. Research section of EFT Universe provides summary of all published studies on EFT:

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=18&Itemid=21