The World Is A Dangerous Place

But is it really? If you watch the news every day you would certainly think so!

Because what we see on TV is indeed not safe. Car crashes, war, rape, murder etc.

However, what the news shows us is a collection of all the worst things that have happened in the whole world in the last 24 hours. Which is an insignificant fraction of what happens and therefore a complete distortion of what is really happening in the world. After all, in general everything is safe in the world.

But they only show you what is abnormal; war, violence; rape; murder; crashes; terrorism etc.

They give us the worst of the worst of what happens in the whole world! No wonder we come to believe that the world is a dangerous place. Add onto that some cautious parents that give you warnings to “be careful”, “watch your back” etc. and we come to believe that the world is a dangerous place.

While in fact the world is overall a pretty safe place. Now there of course are some places you don’t want to be at certain times of the day. But if you use your common sense you will simply avoid those places.

…

The thing is, if you have a belief that “the world is a dangerous place” then this is causing you to be cautious and “on guard” most of the time. After all, something bad might be just around the corner.

And this is not the case at all.

So what we want to do is change the belief “the world is a dangerous place” to the belief that “the world is a safe place”.

By doing this you will feel more at ease in the world and you of course will still maintain your common sense about places that are indeed dangerous and should be avoided.

To be able to rate how strongly you believe that the world is a dangerous place, I want you to say out loud “the world is a dangerous place”. Once you do I want you to measure on a scale of 0 to 10 how true that feels. 10 is completely true, 0 is absolute nonsense.

The world is a dangerous place

How true on a scale of 0-10 does that feel when you say it out loud?

Write down the number you give it as to how true it feels for you now.

The world is a dangerous place is a x out of 10:

Now that you have written down your number, go over video #9 (Psychological Reversal Limiting Beliefs) using this belief:
“the world is a dangerous place”

By doing this you release the psychological reversal to letting go of the belief that the world is a dangerous place.

This in turn makes it easier to install the world is a safe place. Realizing and feeling like the world is a safe place makes you feel much more at ease in the world. Which of course helps you a fair bit with your social confidence.

OK, now that you have written down your number and have gone over video #9, start with the audio tap along “The world is a dangerous place part 1”. (You can find this tap-along at STEP #1L)

Once you are done with the tap along come back here and note down your new number and in case something came up (certain insights, reasons, thoughts, ideas, S.E.E.’s, emotions, insights etc.) write it down too.

Now that you have tapped along with “The world is a dangerous place part 1”…
How do you feel now?

The world is a dangerous place is a x out of 10:

Did other strong emotions come up? How about some memories (S.E.E.’s) ? If so, write them down here.

Your number needs to be a 0 out of 10 when you say out loud “The world is a dangerous place”. This 0 out of 10 then means that you do not believe that the world is a dangerous place any longer.

If your number is at a 3 out of 10 or lower (2,1,0) on the belief that the world is a dangerous place you are ready for the second tap-along. If your new number is NOT as low as a 3 out of 10 yet, but higher than a 3 out of 10 (4,5,6,7,8,9,10) you have some more work to do first.

Use the troubleshooting advice at the end of this article to make your fear of change a 3 out of 10 at the most.

If your number when you say out loud “The world is a dangerous place” is a 3 out of 10 or lower (2,1,0) you are ready for the tap along:

“The world is a dangerous place part 2“ (You can find this tap-along at STEP #1L)

Once you are done with the tap along come back here and note down your new number. Listen to the audio now.
TROUBLESHOOTING:

In case your number is still higher than a 3 out of 10 on how true the statement “The world is a dangerous place” feels, do the below exercises until your number is at a 3 out of 10 or lower.

If you carry the belief that the world is a dangerous place this can have many reasons. Not only can our parents/siblings/teachers/coaches/peers etc have taught us that the world is a dangerous place, we can also have had Significant Emotional Experiences (S.E.E.’s) that have caused us to believe that the world is unsafe.

And aside from that we of course get bombarded by the media about how ‘dangerous’ the world is out there…

And really, it’s not that dangerous at all. As I said earlier, the world is mostly safe in most places most of the time. The news just gives us all the dangerous stuff that is out the in the whole world and shows it to us.

Well, the world is incredibly huge. And where you live might be a big city, but it is still insignificantly small compared to the whole world. And most of the time you are safe. So believing that the world is a dangerous place might be a useful belief to have when you are a soldier fighting in a war, or when you are living in the ghetto, but it’s absolutely not useful if you want to enjoy the safe environment that you live in day to day.

It causes you to feel anxious and not at ease. So let’s change that belief once and for all!

And to reassure you, you will not all of a sudden become reckless and lose your common sense when you believe that the world is a safe place.

I lived in Johannesburg, South Africa for 15 months. One of the most dangerous cities in the world. And even though I believe that the world is a safe place, I of course still had enough common sense to know that I should not go out in the street when it was dark in certain places.

You lose your unnecessary fear, not your common sense.
#1. Finish the below sentence. This will help you to come up with why you think that the world is a dangerous place.

These limiting beliefs and idea’s can all be ‘tapped away’ so you can feel more comfortable and at ease in the world.

-Finish the sentence: “I know the world is a dangerous place because…”

Make a list of the answers that you come up with.

Example:

I know the world is a dangerous place because...

- I see it on the news every day
- I have seen lots of evidence of it in the real world
- a lot of people have bad intentions
- there is a high crime rate
- some people are psychopaths and want to do harm
- bad things have happened to me
- bad things have happened to people I know
- of the people that rule the world
- of corruption
- some people have nothing to lose

Now that you have a list, pick one of the beliefs from your list about who you fear you will be once you are socially confident and put it in the following format:

I know the world is a dangerous place because . fill in the reason why you are afraid of change.

Example:

I know the world is a dangerous place because . I see it on the news every day.

Now that you have done this for one of the reasons on your list and know how to do it, do the same for all the reasons on your list:

I know the world is a dangerous place because . I see it on the news every day.
I know the world is a dangerous place because . I have seen lots of evidence of it in the real world.
I know the world is a dangerous place because . a lot of people have bad intentions.
I know the world is a dangerous place because . there is a high crime rate.
I know the world is a dangerous place because . some people are psychopaths and want to do harm.
I know the world is a dangerous place because . bad things have happened to me.
I know the world is a dangerous place because . of the people that rule the world.
I know the world is a dangerous place because . of corruption.
I know the world is a dangerous place because . some people have nothing to lose.

Great. Now I want you to tap continuously on your karate chop and say the following phrase out loud:

“Even though I have all these beliefs about why the world is a dangerous place, I deeply and profoundly accept myself and how I feel about this”

After you have done this, start tapping over all the points for 5 rounds (1 round is all the tapping points once) saying one phrase at each point:
EB I know the world is a dangerous place because -I see it on the news every day-
SE I know the world is a dangerous place because -I have seen lots of evidence of it in the real world-
UE I know the world is a dangerous place because -a lot of people have bad intentions-
UN I know the world is a dangerous place because -there is a high crime rate-
CH I know the world is a dangerous place because -some people are psychopaths and want to do harm-
CB I know the world is a dangerous place because -bad things have happened to me-
UA I know the world is a dangerous place because -bad things have happened to people I know-
LP I know the world is a dangerous place because -of the people that rule the world-
WR I know the world is a dangerous place because -of corruption-
TH I know the world is a dangerous place because -some people have nothing to lose-

Note: There might be one particular reason that stands out about why you believe that the world is a dangerous place. And that reason causes you to be really convinced that the world is dangerous... If that’s the case, use that reason in the below tapping sequence to get rid of it. If possible, be specific.

Tap continuously on the karate chop point and say out loud:

Even though I’m convinced the world is a dangerous place because -fill in the reason that stands out about why you are convinced the world is a dangerous place- I deeply and completely accept myself anyway

Even though it’s a fact that the world is a dangerous place because -fill in the reason that stands out about why you know for a fact that the world is a dangerous place- I’m open to reassessing how I think about this

Even though the world is a dangerous place because -fill in the reason that stands out about why you believe the world is a dangerous place- I deeply and completely accept myself and all my feelings

Now start tapping over all of the points:

EB I’m convinced that the world is a dangerous place because -fill in the reason that stands out about why you are convinced the world is a dangerous place-
SE I’m sure the world is a dangerous place because -fill in the reason that stands out about why you are sure the world is a dangerous place-
UE The truth is that the world is a dangerous place because -fill in the reason why you believe the world is a dangerous place-
UN I’m convinced this is true
CH I just know it
CB I’m convinced that the world is a dangerous place because -fill in the reason that stands out about why you are convinced the world is a dangerous place-
UA I’m convinced that the world is a dangerous place because -fill in the reason that stands out about why you are convinced the world is a dangerous place-
LP I don’t want to believe that the world is a safe place
WR I just know that the world is a dangerous place because -fill in the reason that stands out about why you are convinced the world is a dangerous place-
TH I’m convinced that the world is a dangerous place because -fill in the reason that stands out about why you are convinced the world is a dangerous place-
EB I choose to believe that the world is a safe place
SE I choose to believe that the world is a safe place
UE I choose to believe that the world is a safe place
UN What I believe about the world is how I will perceive the world
CH What I believe becomes a self fulfilling prophecy
CB So I choose to believe and know that the world is a safe place
UA I choose to believe that the world is a safe place
LP I love knowing that I can choose what to believe about the world
WR I choose to believe that the world is a safe place
TH I choose to believe that the world is a safe place because that will make me feel more at ease

EB the world is a safe place
SE That’s the truth
UE the world is a safe place
UN That’s what I believe now
CH the world is a safe place
CB And I love knowing this because it is!
UA the world is a safe place
LP I already feel more comfortable and safe in the world
WR the world is a safe place
TH I feel surprisingly safe and calm in the world now!

Example:

Tap continuously on the karate chop point and say out loud:

Even though I’m convinced the world is a dangerous place because -I have seen lots of evidence of it in the real world- I deeply and completely accept myself anyway

Even though it’s a fact that the world is a dangerous place because -I have seen lots of evidence of it in the real world- I’m open to reassessing how I think about this

Even though the world is a dangerous place because -I have seen lots of evidence of it in the real world- I deeply and completely accept myself and all my feelings

Now start tapping over all of the points:

EB I’m convinced that the world is a dangerous place because -I have seen lots of evidence of it in the real world-
SE I’m sure the world is a dangerous place because -I have seen lots of evidence of it in the real world-
UE The truth is that the world is a dangerous place because -I have seen lots of evidence of it in the real world-
UN I’m convinced this is true
CH I just know it
CB I’m convinced that the world is a dangerous place because -I have seen lots of evidence of it in the real world-
UA I’m convinced that the world is a dangerous place because -I have seen lots of evidence of it in the real world-
LP I don’t want to believe that the world is a safe place
WR I just know that the world is a dangerous place because -I have seen lots of evidence of it in the real world-
TH I’m convinced that the world is a dangerous place because -I have seen lots of evidence of it in the real world-
EB I choose to believe that the world is a safe place
SE I choose to believe that the world is a safe place
UE I choose to believe that the world is a safe place
UN What I believe about the world is how I will perceive the world
CH What I believe becomes a self fulfilling prophecy
CB So I choose to believe and know that the world is a safe place
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LP I love knowing that I can choose what to believe about the world
WR I choose to believe that the world is a safe place
TH I choose to believe that the world is a safe place because that will make me feel more at ease

EB the world is a safe place
SE That’s the truth
UE the world is a safe place
UN That’s what I believe now
CH the world is a safe place
CB And I love knowing this because it is!
UA the world is a safe place
LP I already feel more comfortable and safe in the world
WR the world is a safe place
TH I feel surprisingly safe and calm in the world now!

#3. Say out loud “The world is a safe place”.

When you say this, do you feel an emotion coming up? What emotion comes up when you say this?

(Is it a positive emotion or a negative emotion? If it’s a positive emotion, don’t following along and end the exercise here. If it’s a negative emotion, continue with the exercise…)

And where do you feel it in your body?

Once you know what emotion you feel and where you feel it in your body, follow along with the below tapping sequence.

Tap continuously on your karate chop (KC) and say out loud:

Even though I feel -say out loud the emotion you feel- when I say that the world is a safe place out loud, and I feel that in my -say out loud where you feel that emotion in your body-, I deeply and completely accept myself anyway

Even though I feel -say out loud the emotion you feel- when I say that the world is a safe place out loud, and I feel that in my -say out loud where you feel that emotion in your body-, I want to accept who I am and how I feel about this

Even though I feel -say out loud the emotion you feel- when I say that the world is a safe place out loud, and I feel that in my -say out loud where you feel that emotion in your body-, I choose to deeply and completely accept myself no matter what

Now tap over all your points:

EB the world is a safe place
SE I feel -say out loud the emotion you feel- when I say that
UE And I feel it in my -say out loud where you feel that emotion in your body-
UN the world is a safe place
CH saying this makes me feel -say out loud the emotion you feel-
CB And I feel it in my -say out loud where you feel that emotion in your body-
UA I want to feel safe and peaceful saying that the world is a safe place
LP No I don’t
WR Yes I do
TH the world is a safe place

And another round:

EB the world is a safe place
SE I feel -say out loud the emotion you feel- when I say that
UE And I feel it in my -say out loud where you feel that emotion in your body-
UN the world is a safe place
CH saying this makes me feel -say out loud the emotion you feel-
CB And I feel it in my -say out loud where you feel that emotion in your body-
UA I choose to feel safe and peaceful saying the world is a safe place
LP the world is a safe place
WR No it’s not
TH Yes it is, the world is a safe place

After this round, continue with one round saying with emphasis and conviction “I know who I’ll be when I’m socially confident and it feels good”

EB The world is a safe place and that feels good
SE The world is a safe place and that feels good
UE The world is a safe place and that feels good
UN The world is a safe place and that feels good
CH The world is a safe place and that feels good
CB The world is a safe place and that feels good
UA The world is a safe place and that feels good
LP The world is a safe place and that feels good
WR The world is a safe place and that feels good
TH The world is a safe place and that feels good

And finally, do one last round:

EB I love that I feel good about the world being safe
SE And it is safe!
UE I love knowing this and I feel more at ease in the world now
UN I actually very much at ease!
CH It feels good to know that world is actually a safe place!
CB I love knowing I have put the belief that the world is a dangerous place behind me now
UA I love that I have changed how I feel about the world
LP I look feel much more at ease in the world now
WR And it feels great
TH I love feeling so at ease knowing that the world is safe

Example:

Tap continuously on your karate chop (KC) and say out loud:

Even though I feel -anxiety- when I say that the world is a safe place out loud, and I feel that in my - stomach-, I deeply and completely accept myself anyway

Even though I feel -anxious- when I say that the world is a safe place out loud, and I feel that in my - stomach-, I want to accept who I am no and how I feel about this

Even though I feel -anxious- when I say that the world is a safe place out loud, and I feel that in my - stomach-, I choose to deeply and completely accept myself no matter what

Now tap over all your points:
EB the world is a safe place
SE I feel anxious when I say that
UE And I feel it in my stomach
UN the world is a safe place
CH saying this makes me feel anxiety
CB And I feel it in my stomach
UA I want to feel safe and peaceful saying that the world is a safe place
LP No I don’t
WR Yes I do
TH the world is a safe place

And another round:

EB the world is a safe place
SE I feel anxious when I say that
UE And I feel it in my stomach
UN the world is a safe place
CH saying this makes me feel anxious
CB And I feel it in my stomach
UA I choose to feel safe and peaceful saying the world is a safe place
LP the world is a safe place
WR No it’s not
TH Yes it is, the world is a safe place

After this round, continue with one round saying with emphasis and conviction “I know who I’ll be when I’m socially confident and it feels good”

EB The world is a safe place and that feels good
SE The world is a safe place and that feels good
UE The world is a safe place and that feels good
UN The world is a safe place and that feels good
CH The world is a safe place and that feels good
CB The world is a safe place and that feels good
UA The world is a safe place and that feels good
LP The world is a safe place and that feels good
WR The world is a safe place and that feels good
TH The world is a safe place and that feels good

And finally, do one last round:

EB I love that I feel good about the world being safe
SE And it is safe!
UE I love knowing this and I feel more at ease in the world now
UN I actually very much at ease!
CH It feels good to know that world is actually a safe place!
CB I love knowing I have put the belief that the world is a dangerous place behind me now
UA I love that I have changed how I feel about the world
LP I look feel much more at ease in the world now
WR And it feels great
TH I love feeling so at ease knowing that the world is safe

#4. When you think about the world being a dangerous place...
Do you have any idea where you learned that? Who said what to you when?
Or possibly there has been a very negative experience somewhere in your life that caused you to believe that the world is an unsafe place?

Maybe your mom was always very protective and scared. Maybe she taught you by her behavior that the world is unsafe. Maybe your parents always warned you to “be careful” and “watch your back” or to “be cautious”.

Maybe you’ve been robbed, mugged, raped or anything else that was very severe (if this is the case I highly suggest you consult a professional EFT practitioner as you will probably need some guidance working through an experience like this) and this has taught you that the world is unsafe.

Ask yourself:
“Where did I learn that the world is a dangerous place?” or ask
“What happened to me that caused me believe that the world is a dangerous place?”

This will make you come up with a or some S.E.E.’s (Significant Emotional Experiences, fancy word for negative memories) most likely.

Note: These S.E.E.’s can even be of other people you have seen go through a scary experience (mugging, fight, rape, etc) which caused you to believe the world is a dangerous place.

Once you find a S.E.E., use “STEP #2C. Clearing a S.E.E.” to get the emotion out of the event. When you have cleared the emotion from the S.E.E., ask yourself what rules you made during that S.E.E. about what you MUST do or about what NOT to do in order to keep yourself safe (examples can be: “I MUST be on guard all the time”, “I should never look someone in the eyes”).

Then do “STEP #3B. Clearing a S.E.E.’s Belief” as this will help you to let go of these rules to feeling safe in the world. Treat these using STEP #2C: “Clearing a S.E.E.”.

Once you have treated a S.E.E., check your 0-10 intensity on the statement “The world is a dangerous place” again.