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2b. How are negative limiting beliefs formed?

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

When you were born you started with a blank slate. You knew nothing. Unless your mom had a troublesome pregnancy, or when your mom wanted an abortion, you're born free of beliefs.

You didn't know that fire is hot. Or that a red traffic light means stop. You didn't know your place in the world.

You didn't know what was right or wrong. You had no idea about your social status. Or whether you were worthy or not.

You were just a little baby, and you had to learn EVERYTHING. All your beliefs were learned.

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.

Your mom taught, through stopping you at the road and repeating over and over that a red traffic light means stop.

And when you got rejected a lot, the experiences taught you that you're "not good enough" or "unacceptable".

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

If you were never acknowledged, or always ignored, you started to believe you were invisible. Or unimportant. When you were always criticised, you start to believe "there's something wrong with me".

And so on.

The repetitive negative experiences we have during our early childhood form deep core negative limiting beliefs.

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And these beliefs cause the *perception* that you're not safe.

Or that it's not safe to be YOU.

Lets take myself as an example. I came out of the womb. Life started and stuff started happening to me. Certain negative things however, that happened repetitively, caused my to (subconsciously) form negative limiting beliefs.

From the moment I'm born I'm seen as "a difficult child".

Dad dies from a heart attack when I'm 5 years old. My best buddy.

My mom is left behind with me and my 1 year old sister.

Overwhelmed with sadness and grief, stress, and fear of the future, mom becomes emotionally unavailable.

And I am becoming more and more of a "difficult child".

I am seen as the problem child.

I experience a lot of rejection, criticism and disapproval. A lot of yelling at me. A lot of anger and frustration from my mom coming my way. I'm being blamed for everything.

Mom and I fight all the time. We already did before dad died, now it's even more. She tries to control me. She can't.

She meets my step dad. I hate him. He threatens and intimidates me in order to control me. He's very strict. And he makes sure that I obey.

I'm placed outside of the house at age 9. I change schools 3 times before the age of 12.

Lots of rejection going on. It's happening all the time. I don't know any better. It's painful, but to me it's normal.

From these repetitive, emotionally painful experiences, I naturally started to believe that I was “a bad kid”. That I was “unlovable”. And that I had to “behave perfect in order to be accepted”.

These core negative limiting beliefs caused me to have a lower self-esteem.

They caused me to not feel safe being myself. It was clear to me that I wasn't OK the way I was. There was something wrong with me.

These beliefs caused me to act in ways I learned would give me approval. And they also made me more vulnerable to developing social anxiety.

When I at age 11 or 12 has a traumatic experience where I was humiliated by my teacher (whom I loved and had a great relationship with) in front of the class, I formed negative limiting beliefs that kick-started my anxiety in social situations.

Once I had social anxiety, I experienced several more (social) traumas which reinforced existing negative limiting beliefs, and formed new negative limiting beliefs that made my anxiety even worse. And now I had a whole bunch of negative limiting beliefs I had to overcome in order to free myself of my anxiety.



To Conclude:

1. A belief is just a thought/idea that feels true.
2. The belief feels true because you have evidence (i.e. negative experiences and programming) to “prove” that it is true.
3. Your beliefs are formed through the repetitive negative experience you had growing up, and other negative life experiences you have had (and through societal/cultural programming).
4. To effectively neutralise/change a negative limiting belief you will be destroying the emotional evidence that supports the belief.
5. You can neutralise/change the evidence of these negative limiting beliefs with EFT tapping. By doing so, and neutralising/changing the negative limiting beliefs, you will get rid of the deeper underlying reasons for why your brain perceives you to be unsafe socially. As a result, you will start to feel safe socially. Once your subconscious perceives you to be safe, there is no FFF-response, and therefore no anxiety.