

Creating Effortless Social Confidence

As you have been doing all the exercises in the SCS, it's highly likely you're already enjoying your current social life a whole lot more. You can take that to the next level by improving the way you feel in your current social life, or by expanding your social life.

Below you find some steps to creating your ideal social life. It takes time, dedication, and effort. And you will have some ups and downs as you start creating it. You might experience some serious set backs. When you make that OK, and when you keep tapping away (get help if you need to -there are other EFT experts who can help as well-) the triggers, resistances and S.E.E.'s, and when you keep moving forward (N.S.E.'s) you can get to this place where you thoroughly enjoy socialising and connecting with others.

Create your ideal social life by:

1. Defining what it looks like (creating or improving your social confidence goal)
2. Visualising it while feeling like you already live it
3. Tapping on any negative feelings when you visualise your social life

*When negative emotions come up when you visualise a scenario of your ideal social life you have an opportunity to grow past it. Tune into the negative emotion and ask yourself:

“What does this feeling remind me of?”

“Where have I felt like this before?”

“When is the first time I can remember feeling this way?”

Clear the S.E.E.’s you find until you can visualise the scenario without any negative emotions.

*When anxiety comes up, ask yourself:

“What is not safe in this situation?”

“What am I afraid of happening?”

Once you come up with a negative scenario that you fear happening, check to see if there is any negative emotion when you imagine that negative scenario happening in the here and now moment (i.e. if you fear rejection, imagine being rejected).

If there is negative emotion, tune into it and clear any S.E.E.’s where the negative emotion is held.

Once you can visualise the negative scenario and no longer feel any negative emotions, check to see if you still have any fear of the negative scenario happening (i.e. now that imagining being rejected no longer hurts, do you still fear being rejected?). If so, tap while focusing on the fear.

If the fear doesn’t reduce and disappear, there is resistance to clearing that fear. In order to clear that resistance, tap while verbalising the possible resistances:

EB: I don’t want to let go of this fear for whatever reason

SE: It’s not safe to let go of this fear

UE: I don’t deserve to let go of this fear

UN: I’m not worthy of being free of this fear

CH: I don’t know who I would be without this fear

CB: I cannot let go of the rest of this fear

UA: I won’t have an excuse anymore without this fear

LP: It’s impossible to let go of this fear

WR: I’d feel guilty without this fear

TH: I refuse to let go of this fear because... (continuously tap while you verbalise any possible reasons as to why you might not want to let go of this fear)

Once you have cleared the resistance, start tapping while focusing on the fear again. If you get stuck, tap on resistance again.

4. Do your Non Scary Exposures and keep taking action.

The more you expose yourself to new people, circumstances, and events, the bigger your comfort zone grows. The more situations you come to feel safe in. You have the tools and knowledge to take action. Keep tapping and keep moving forward. Celebrate it when you get triggered as it is an opportunity to move past that trigger and grow.

5. Tap away all your triggers until you are totally free of all of them.

When you get triggered, ask yourself one of the below questions to uncover what the thing was that triggered you:

“What negative emotion did I feel that got triggered?”

—> You uncover a negative emotion

“What did I think (believe) in that scenario that made me feel uncomfortable?”

—> You uncover a negative limiting belief

“What did I think they thought of me that made me feel uncomfortable?”

—> You uncover a negative limiting belief

“What did not feel safe for me in that situation?”

—> You uncover a negative emotion (fear) or a negative limiting belief

“What stopped me from feeling totally comfortable in that situation?”

—> You uncover a negative limiting belief or a negative emotion

“What did I fear happening in that situation?”

—> You uncover a negative emotion (fear) or a negative limiting belief (negative expectation)

“What negative expectations did I have in that situation?”

—> You uncover a negative limiting belief (negative expectation)

*When it is was anxiety, a fear, or a negative emotion you uncovered, use the advice I have given above to clear it.

*When it is a negative limiting belief you uncover, use the below advice to neutralise the belief.

Start continual tapping while verbalising the negative limiting belief you uncovered. Keep tapping until the belief no longer feels true, or when you no longer have any negative emotion attached to it.

If you cannot get the validity or the emotional intensity of the belief to reduce completely, or when you are stuck at some point, there is either resistance to letting go of the belief completely, or there are supporting pieces of evidence of the belief (S.E.E.'s) that need to be neutralised before it will collapse completely.

Start by addressing any possible resistance to letting go of the belief. This resistance can in most cases be neutralised by simply verbalising it. Below are some of the most common resistances. Simply state the resistance phrases out loud, one after the other, while tapping over the tapping points.

Resistance clearing phrases:

I don't believe I can let go of this belief
I don't deserve to let go of this belief
It's not safe for me to let go of this belief
I'll be a different person if I let go of this belief
It's too hard for me, I can't really let go of this belief
I can never let go of this belief
This belief is part of me
I haven't got what it takes to let go of this belief
I can't let go of this belief completely
If I let go of this belief I'll lose my excuse
I refuse to let go of this belief/emotion

Example:

EB: I don't believe I can let go of this belief
SE: I don't deserve to let go of this belief
UE: It's not safe for me to let go of this belief
UN: I'll be a different person if I let go of this belief
CH: It's too hard for me, I can't really let go of this belief
CB: I can never let go of this belief
UA: This belief is part of me
LP: I haven't got what it takes to let go of this belief
WR: I can't let go of this belief completely
TH: If I let go of this belief I'll lose my excuse
EB: I refuse to let go of this belief

After having mentioned all of the resistance phrases once, the resistance will almost surely have cleared, and so you focus back on the belief while continuously tapping. Continue to tap until you are at a 0.

If the belief is not neutralising completely after the resistance tapping, there might be a single S.E.E. or multiple S.E.E.'s that need to be neutralised in order to have the belief collapse completely.

Find and neutralise a S.E.E.'s and then come back to tap on the belief. If the belief still doesn't collapse completely, there is either more resistance to clear, or more evidence (S.E.E.'s) that needs to be neutralised. Keep going back and forth between tapping on the belief, clearing resistance, and neutralising S.E.E.'s until the belief no longer feels true at all.

6. Train your positive expectations.

When you've been socially anxious for a long time, you have a lot of trained negative expectations regarding social situations, conversations, meeting new people, starting something new, and so on.

For example:

I expect I will get anxious when I go to that meeting
I expect that these new people will not like me
I expect that it's going to suck and I will have a negative experience

To have complete effortless social confidence, you want to train yourself to have positive expectations regarding anything social. By doing NSE's you're eliminating negative expectations already, but since it's such a key element to effortless social confidence I want to emphasise the importance of rehearsing positive expectations here again.

Creating positive expectations takes tapping away negative expectations, and rehearsing positive expectations until it comes natural. You want to uncover and eliminate all negative expectations and replace them with positive expectations.

Whenever you are feeling anxious you likely have some negative expectation going on. Check in with yourself: "What negative things do I expect happening?"

Tap on the negative expectations by verbalising them out loud while you tap. When you cannot clear the negative expectation, clear any possible resistance, and look for S.E.E.'s. Then try again.

In order to move from a negative expectation to a positive expectation, use the "wouldn't it be nice if..." exercise.

Example:

I expect I will get anxious when I go to that meeting
I expect that these new people will not like me
I expect that it's going to suck and I will have a negative experience

Wouldn't it be nice if...

- I walk in and I'm surprisingly comfortable
- The people there are nice and friendly
- There's a person who goes out of his way to accommodate me and make me feel welcome
- I'm delighted by how relaxed and friendly the people are
- I naturally feel accepted
- I find the people interesting
- I feel relaxed and at ease
- I like the people at the meeting and they seem to like me
- I end up making some potential new friends
- I have a great time and when I leave I look forward to seeing them again

This takes persistence and lots of tapping. But every negative expectation you replace with a positive one, you are more relaxed, more at ease, and one step closer to effortless social confidence.

7. Eliminate your judgement of other people.

What we judge about other people are actually things we judge about ourselves. When you notice you're judging someone, check what you're judging them for, assume you're judging yourself on some level for the same thing, and tap on that judgment.

Example:

I play soccer and I get angry because:

They don't do their best
They don't try hard enough
They should try harder

I judge the people I play with for the above. While on some level I judge myself for these exact same things.

So I then tap on:

I don't do my best
I don't try hard enough
I should try harder

I simply verbalise the statements while I continually tap. If the intensity isn't going down any further I use the resistance statements to clear the resistance.

Notice yourself judging other people, assume that you're judging yourself and you're just projecting your judgment onto others, and then tap on the judgment of yourself in the way described above.

8. Find out the things you think you might like doing (martial arts, dance classes, soccer, kayaking, language exchange meetings, traveling, book clubs, fitness classes, trivia nights, bowling, cinema, etc.) and then go do these things. By doing things you like doing you easily make new friends as you have a common interest.

Once you find something you like keep showing up there. By doing these activities frequently (once a week at least) building friendships will happen naturally. There's shared enjoyment of the thing you do, and there's also built-in conversation making it easy to connect.

You become familiar with the people, they become familiar with you. From there things happen naturally. Doing this comfortably expands your comfort zone and reinforces the understanding that socialising is safe.

NOTE: Use www.meetup.com and www.couchsurfing.org (I have used these two awesome websites many times and some of my best friends I found here. On these sites are all people who want to make new friends and have a good time together.)

Being a little nervous is OK. Go anyway and finger tap. Excuse yourself and go to the toilet when you get triggered and tap on the toilet. Welcome getting triggered. Move through it. Use any triggers that come up as growth opportunities.

A few examples:

When I just started living in the Philippines, I signed up for a couchsurfing account (it's free). I contacted one of the moderators there and asked if she could help me find a place to live in the Philippines. She was very friendly and pointed me to an American guy my age who recently started living here. I contacted him, and he offered to help me out. People on these websites are extremely friendly and want to help you out. He picked me up and invited me to stay at his house until I had found something for myself. We connected on some similar interests and he invited me to join him and his friends for "the amazing race" on a nearby island that weekend. There I was introduced to a whole bunch of people and had a great time. When I returned with him to the city he lived, he told me I was invited by the moderator as she was celebrating her birthday that weekend. That weekend I went there and had an incredibly awesome night with up to 20 couchsurfers, partying on a beach, having a great time together. Many of these people are still close friends today.

When I was living in Chiang Mai, Thailand, I wanted to start working out in a group. I typed into Facebook "Chiang Mai Fitness" and a group appeared. I joined that morning work-out group and within a week or two I had made several new friends, some of whom I'm still in contact with today and will meet up with when I'm in the same country.

When I was in Belgium a few months ago to do an intensive with a private client, I looked up local soccer clubs and found a club at meetup.com. I went and had people to play soccer with. I was there too short a time to develop long term friendships, but I had a good time playing soccer with people. I also connected with a woman from a spiritual meet up group that I found on meetup.com and we met up several times together

I recently went to a meditation class and made a new close friend, who then introduced me to her husband, who then introduced me to a whole bunch of new and interesting people.

I went to a networking event for online business people and made 2 longer term closer friends and created a few business contacts.

I went to a soccer event and made a friend there who's now one of my best friends who introduced me and integrated me into his already existing social life.

I went to Muay Thai class and spoke with the trainer afterwards who since has become my best friend.

These are just a few examples. When you seize the opportunities, when you go out and you meet people and do the things you like doing, and you keep tapping and moving forward, eventually you'll live the social life you dream of.

I have been anxious in many of these new situations. And every time I got anxious, I finger tapped in the moment, went to the toilet when the anxiety got too intense, and at home tapped away trigger after trigger. And I got help when I got stuck. As a result, I now enjoy an effortless social confidence that is beyond what I ever dreamed possible. You can do this too. Get out there, live life, persist, and enjoy the journey.

NOTE: Starting with one thing at a time. Don't overwhelm yourself by starting 5 new things at once. Pick one thing you want to start doing. It may be going to a language exchange class. It may be going to a cooking class. It may be signing up for salsa dancing. It may be muay thai. Or picking up soccer again. Or going to a yoga class. Or a meditation class. Or maybe surfing someone's couch (couchsurfing.org). Or whatever.

Pick one thing only, do your clearing, accept any bit of nervousness you may have if you can't seem to tap it away completely, and GO. And go consistently. And you'll find that things happen naturally.

NOTE: Find ways to meet the people in other environments too. If you only meet people in one location -such as at the fitness club- the friendship doesn't go as deep. You become workout buddies. Or the guy/girl from gym. Which is OK. But if you like the people there, you might find ways to meet them elsewhere.

Maybe they have other interests that you share. Ask them for coffee. Or lunch. Likely, and if you've not experienced this yet, just be open to the possibility that you'll get invited for things. Keep showing up and things will happen.

9. Maintain a positive focus.

Make sure you're mainly focused on the things that are going well in your life. Be very careful that you do not become addicted to "clearing issues". Keep your focus mainly on what you want in life.

If you always look for what isn't working in your life you'll find more and more of that. If you always looking for what is going well in your life, you'll find more and more things that are going well in your life.

Your main focus has to be on what's going well in your life. Your main focus should be on what you do want, rather than on what you don't want.

The more you find to be grateful for, the more you look towards what you want, the more you enjoy the current moment, the more happy and fulfilled you feel.

Only spend a limited time each day on resolving triggers and issues. Set a time apart for it. Perhaps 15 or 30 minutes.

Aside from that work, take time each day to deliberately focus on what you want. Doing so will train your thinking to be positive on default. Below are some simple but powerful feel-good writing processes you can do to keep your positive focus.

I suggest you buy a notebook and carry it with you at all times. At least once a day, preferably two or three times, write down at the top of your paper one of the following headers:

*things that are going well in my life

*things I'm grateful for

*things I enjoy doing

*the positive aspects of x situation/person

*things I want to have in my life (start this by writing down "wouldn't it be nice if..." at the top of your piece of paper)

And then under the header write down a list of the things that are going well in your life, or the things you're grateful for, or that you enjoy doing, or the positive aspects of a situation, or the things you want to have in your life.

This seemingly silly exercise is incredibly powerful and important. It's one of the best habits I have worked into my life. I work every single day on maintaining my positive focus. When I wake up, rather than my automatic thinking taking over, I instantly take control of my thinking by choosing the direction of my thoughts.

I absolutely do not focus on what problems to solve at the beginning of the day. That's a really bad start of the day, as it sets the negative momentum that thinking about my "problems" brings. Instead, I immediately set the positive momentum of my thinking by writing down 10 things that I appreciate about my life, or 10 things that are going well in my life. After writing this down first thing upon waking up, I have set the tone of my thinking for the rest of the day and my positivity flows naturally.

At some point during my day, I either write a "find the better feeling thought" process, or I make a "wouldn't it be nice if..." list. This works to improve my thinking even further, and the work starts to stack up over time. It becomes easier and starts to feel better and better.

As a result of the above practices (and working out and eating smart) I am healthy, happy, and have great energy. I suggest you adopt this habit and make it your own as your focus determines your thinking, which determines your feeling (emotions), which determines the quality of your life experience.

