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What results can I expect? What typically happens? How long does it take?

How long it exactly takes to be free of anxiety is impossible for me to predict as each person is unique and therefore each situation is different.

It depends on how long you have been anxious, the severity and frequency of your anxiety, your history, the amount of triggers you have, the amount of resistance you're dealing with, how motivated you are to change, and your current life circumstances, to name but a few determining factors.

That said, you'll likely feel the tapping working the first time you try it. You'll be able to gain relief from the very first tapping exercise.

It is common that during each session some of your negative emotions are being released and/or your beliefs are challenged and changed and/or some of your unhelpful patterns that are sabotaging you are being interrupted.

You can expect to see subtle, (or more profound) changes within about a week of daily tapping.

Results can mean feeling calmer overall, more acceptance of your self and your current situation, caring less about others seeing you anxious. Less anxiety, negative thinking having less of a hold on you, feeling lighter and more optimistic.

"Hey Sebastiaan!

I just bought the SCS a few days ago and already feel a great shift. The first day I came across it and did a few of the techniques, I felt a huge weight lifting off of my chest. It was really the first time that I completely admitted and accepted that I struggle with social anxiety.

I will keep working the system diligently to overcome my challenge!"

You'll still get triggered and experience anxiety. But you will have the tools and strategies to not only move past that quickly, you'll be able to use these situations as healing opportunities to grow your resilience and build your emotional strength.

Within a couple of weeks, you may find that some situations where you formerly felt anxious are free of anxiety. Some situations may still have as much anxiety as before, others have less anxiety as before.

As you keep moving forward in the SCS, consistently getting rid of the traumas, triggers, and negative limiting beliefs you can expect a progressive reduction of your social anxiety.

It's also common to start feeling better about yourself, to become more relaxed and "at ease". As this happens you typically start to feel better about other people, and you could enjoy "being with others" more.

As you keep going you're working on changing your thoughts, and your worrying could diminish or disappear altogether. Connecting with others starts to become easier. Certain social situations you now feel safe to be yourself.

As you decide to move forward even more to live the life you want, you go through situations you formerly considered scary, using the tapping to get rid of the remaining worries, fears, and beliefs. You experience new situations comfortably, and expand your comfort zone and gather new insights and information.

As you keep going and you persist (and if need be, you get outside assistance) you can get to a place where you are completely anxiety-free. Socialising now becomes enjoyable.

Hi Sebastian,

I wanted to email you to simply say thank you. Your course has helped to change my life, and funnily enough, without my realising it! I never truly noticed a change in me until yesterday. I went through an anxious episode (which thankfully was not triggered by anything 'social' but by something completely different) and experiencing all those physical and mental symptoms - the heart racing, the palms sweating, the stuttering, the inability to think straight, the negative thoughts, the feeling of doom etc. - made me realise how far I had come. Constantly feeling anxious and negative was once so normal for me but now my new normal is a sense of calmness, a sense of serenity. So, when I felt anxious yesterday I was shocked at how abnormal it all felt. I was shocked that I couldn't remember the last time I had felt like that!

Your course has worked miracles, but in such a wonderfully subtle way that I never actually realised I changed! I still feel like me, I still act like me, so much so that it took an anxious moment for me to notice that I am actually different! Now when I think about it, I am so much more comfortable around people. I have fun with them whereas before I was too stuck in my head to have fun. I am more confident in myself and my abilities. I am more present :)

Your course is brilliant. Thanks so much for making it available for us to use. I would definitely recommend it to anyone who would like to be free of their anxiety once and for all. And if anyone is afraid of changing (like I was) then don't be. You will change in such a gentle and gradual way that you won't even feel it.

Best wishes, M

I can't get full acceptance of my social anxiety.. Now what?

Not a problem. For some people, it is easier to achieve this than it is for others. Gaining full acceptance of your social anxiety may be a work in progress for you, meaning it is something you come back to over and over again.

Whenever you notice yourself in non-acceptance, you tap. Slowly but surely, you will start gaining more acceptance of your anxiety as the meaning of it will start to change for you.

You will of course never like it, but you will no longer judge yourself for it, or judge yourself for it less and less. And as you start to realise that getting upset about it is not benefiting you and that it is merely a challenge you are in the process of overcoming, your acceptance will grow and expand.

What you should do now is reduce the negative emotions *about* your social anxiety as much as you can, and then move forward to the next step in the social confidence system. After a few steps in the SCS, or when you notice yourself in non-acceptance, you can come back to the acceptance work and move towards greater acceptance.

What do I do when I get stuck at a specific Step of the SCS?

You move forward to the next step of the SCS (and you return to the step you were stuck on at a later date, after you have worked through one or several of the other steps).

Example...

You can't seem to move towards acceptance of your social anxiety, no matter how much you tap. You might only make a tiny bit of progress, if any.

No worries! Move on to the next step.

Or, you can't seem to neutralise your repetitive negative childhood experienced.

No worries! Move on to the next step.

Or, you can't seem to find an initial significant emotional experience (ISEE).

No worries! Move on to the next step.

Or... Etc.

While the SCS is created in an as logical and sequential order as possible, but it is not a perfect system and sequence.

What may happen as you skip the step you're stuck on is that you remove some blocks in the following steps that were preventing you from making progress with the step you were stuck on. As you return there you may find that you will now start making progress.

When in doubt, you move towards the next step in the SCS.

I know I'm dealing with resistance, but I can't seem to uncover it. Now what?

I am assuming you either are in the subconscious resistance section, or you have returned to the subconscious resistance section. I am also assuming that you have followed all the advice there, and that you have tapped along with the "general resistance" tap along (ideally several times) as well as all the other tap alongs.

Finally, I am assuming that you have spend a significant time really working out what your unique resistance might be (using the "uncovering your unique resistance" article) and that you have tapped and re-framed to make sure that all the uncovered resistance has been dealt with.

From this place of "I have done absolutely everything I can using the steps in the SCS to uncover and move past my resistance" I have a few suggestions for you:

1. Sometimes what you think is resistance could be an old trauma that has been activated. Tuning in to the emotion that you feel, and following it down to earlier memories and clearing it could help move you forward.

2. Another way to move past resistance to taking action, is writing down all the benefits you will get from taking the action you feel resistant to.

Your brain moves away from pain and towards pleasure. With the resistance tapping we focus on releasing the association of pain linked to taking action and the outcome we perceive the action will lead to.

By writing down as many reasons why taking action will benefit you, and the positive emotions (pleasure) you will get from taking that action, can diminish the resistance.

3. A clever way to deal with resistance is to make the task at hand super small. So instead of sitting down to do 30 min of inner work, you simply commit to doing 5 minutes. Or, if even that seems to heavy, commit to 2 minutes. Time it with a clock.

Next day you can move forward to 3. Then to 4. Etc. Be patient with yourself. What you might find is that as you start with 2 minutes, you will want to continue. Setting the standard of 2 min so low makes the resistance to starting very low. When you feel like stopping at 2 min, simply do and congratulate yourself for the 2 min you have put in.

4. I might be the case that you have blind spots to your resistance and you need the outside help of an experienced practitioner. Sometimes it's too difficult to "be doctor and patient at the same time". An outside expert point of view who can spot your subconscious resistance will be of great help.

5. That you at this point are still with resistance could be an indication that you may be dealing with compounding challenges. You may be dealing with social anxiety + a/some other challenges. It's best to consult with your mental health care provider when you suspect this may be the case.

Therapy makes you sufficiently emotionally stronger and you need to be strong enough to use this system and get lasting benefits. I recommend considering getting an assessment from your doctor. When you know what you're dealing with, or what you're not dealing with gives you more changes of getting the appropriate help to move towards where you want to be.

I've had a perfect childhood, should I skip "repetitive negative childhood experiences?"

No. There is almost always stuff from your early childhood that is at the root of your current problems. Think harder. If you can't find anything here, this might be an indication to work with an expert 1 on 1 who can help you with this.

95% of the people I work with 1 on 1 have not properly dealt with their childhood stuff, and this is one of the first things we go to as this is where big change could start to happen as we're typically reliving the patterns learned in our early childhood.

I'm afraid to address this one really big trauma, what do you recommend I do?

If this is a "Big T" trauma, I recommend (as you can read in the instructions) you work with an expert on this, rather than deal with this on your own.

If this is not a "Big T" trauma, but something that was really intense for you at the time, and you choose to work through it by yourself, I recommend following the steps outlined in the SCS.

I suggest you do this *after* you have dealt with several other less intense memories. After having done so, your confidence and experience with the tapping gives you confidence and better equips you to deal with this bigger challenge.

As you start addressing the memory, make sure you start by following along with the video first, as that typically gets the edge of the memory already. Consider doing the video two times first.

Then as you start the tapping, take it apart bit by bit. Stay very general at first, do not get into the specifics of the memory from the get-go.

When you experience intense emotion, keep tapping. And when the emotion doesn't come down, remember the resistance phrases to clear resistance. After the resistance has been cleared, keep tapping on the emotion.

When in doubt whether you can deal with this yourself, I recommend working with a practitioner.

Socialising is exhausting, should I first “fix myself” before I socialise?

No. Unless you're in such a bad place that socialising is impossible (in which case I recommend you contact your mental health care provider to discuss therapy) I recommend you keep living life while you work through the SCS.

Don't lock yourself in the house as that only builds up anticipatory fears.

Use the resources of the SCS. You'll be equipped with some powerful tools, mindsets and strategies from the get-go. These will help you manage the anxiety.

Aside from this I suggest dedicating 30-60 minutes on the steps of the SCS every day. You will likely start noticing more progress soon as you do this.

Keep moving forward and persisting and you'll get to where you want to be, and get help if needed.

Is the SCS my last hope for relief and a positive outcome? No! Read...

Absolutely not. There are many ways that lead to Rome. I like to think that the SCS is a fantastic and very effective way to overcome your social anxiety, but there are other ways too. I would be doing you a disservice by saying this is the one and only way, and it'd also not be true!

There are many brilliant therapists out there, and various powerful therapies that can benefit you.

When should I consider setting up an intro-chat for 1 on 1 Skype coaching?

When you can't seem to make any further progress.

When you want to make faster progress.

When you want to get an outside perspective, someone who can see the patterns you might be blind to.

For details on 1 on 1 with me, see:

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

When should I consider in-person therapy with a specialist?

If you actually have other compounding problems aside from “just” social anxiety, you need to think about having therapy and doing this online course separately, ideally when you’re stronger after therapy cause you get the maximum benefit.

It’s best to consult with your mental health care provider when you suspect this may be the case. Therapy makes you sufficiently emotionally stronger and you need to be strong enough to use this system and get lasting benefits.

I feel sadness coming up during tapping on my childhood and it won't release. Now what?

This sadness can be many things. I've often had clients who felt sorry for themselves that they had to go through that difficult time. I've also had clients who felt letting go of their childhood baggage felt like letting go of a part of themselves. And releasing it felt like losing an old friend.

If the sadness isn't releasing, there is likely resistance to letting go of it.

Ask yourself:

"Why do I want to stay sad?"

"How is the sadness serving me?" (does it give me sympathy?)

"What will I lose when I release this sadness completely?"

Answer this question:

I want to stay sad because...

And then tap continuously while you verbalise all your answers, and challenge the beliefs that come up for you as you tap. Once you can say "I'm ready willing and able to let go of this sadness now" your resistance is gone and the sadness will likely dissolve as you tap and focus on it.

It could also have a deeper root, in which case you focus on the feeling of sadness and you follow it down to an earlier memory in the way you learned in the SCS.

Why do we apply tapping to the earliest memories?

Because the original “trauma” is held in the earliest memories.

You may have 100 memories of where you got rejected. And if you start clearing them one by one you will start chipping away at the overall feeling of rejection. But you likely won't resolve the overall feeling rejection unless you deal with the earliest memory.

The initial experience of rejection is the memory where the negative emotions are held.

The subsequent experiences where you felt rejected were in part because the negative emotions of that initial experience with rejection got triggered.

By releasing that initial experience with rejection you are “removing the splinter from your finger”.

Your “rejection wound” can now heal.

What if I can't find the earliest memory related to a negative emotion I'm trying to release?

That's OK. You can still make progress. Just trust that whatever memory comes up for you is the right one to be addressing at that moment in time, whether it's the initial experience or not.

What you might find as you start working on that memory, is that an earlier memory pops up in your mind as you release some of the intensity.

The guided exercises help you find the earliest experiences that your brain finds safe enough for you to find. As you get more experience you may find older and older memories until you eventually find the initial experience where the trauma is held.

How do I know I've found and cleared the earliest memory related to a negative emotion I'm trying to release?

I can't give you a definite answer here. From my limited experience you can't absolutely know, but a good indicator would be that you are no longer able to feel the negative emotion you were trying to release.

And, if after a week or so (after which most of the processing of your inner work has been done) you are still no longer able to feel any of the negative emotion.

This would be a good indication of you having found and released the initial experience.

Note: However... In some cases it is possible to have released the earliest experience, and there is yet another, or multiple traumas you've endured in life which need to be addressed to release the negative emotion completely.

Why can't I release this negative emotion?

In 95% this is because...

A. You are dealing with resistance (see <http://www.social-anxiety-solutions.com/eft-tap/faq/> or <http://www.social-anxiety-solutions.com/overcoming-subconscious-resistance/> for solutions)

B. The negative emotion you experience isn't a *current* negative emotion (a negative emotion as a response to a current life experience).

You are dealing with an "old" negative emotion (a negative emotion held in an earlier trauma that gets triggered by a current life experience).

In this case you have to find the earlier memory where the old negative emotion comes from.

C. You are not being specific enough, and you need to be laser super specific as to what you are aiming your tapping at. See "8. Clearing A SEE Instructions 3 of 3 (Troubleshooting)" at <http://www.social-anxiety-solutions.com/i-s-e-e/>

Why can't I neutralise the validity of this negative limiting belief?

Most likely because you have "evidence" (supporting traumatic memories) to prove this belief to be true. You will need to "destroy the evidence" in order to let go of the belief.

See this video for a more in-depth explanation:
<https://www.youtube.com/watch?v=dc1OrqipGAA>

Or, you are dealing with resistance to letting go of the belief. See <http://www.social-anxiety-solutions.com/eft-tap/faq/> for assistance on releasing the resistance.

Or, the belief might be true. In this case, you want to work on acceptance of the belief that you perceive as something negative or limiting. You can likely progress with this yourself by tapping on the negative emotions you have about what you believe to be true.

For example...

You might really want to believe you're model-like attractive.

The reality is that you're average looking.

You might see the "I'm average looking" as a negative limiting belief.

You want to tap to get rid of the belief so you can believe you're model-like attractive.

In my experience, that won't work very well...

In this case, you make much more progress tapping on your lack of acceptance of the truth.

Tap on the negative emotions about your "average looks".

Come to a place of acceptance of your looks.

From this place, you might find that you're able to start looking different at your average looks (you may for example come to the conclusion that you don't need model-like looks to attract your ideal partner, or that your character makes you more stand out in an attractive way, etc.)

What do I do when I don't have a clear memory?

That's OK. Simply go with the first thing that comes to mind as you ask yourself what the emotion reminds you of, or where you have learned this belief.

Now it might just be a very vague image that comes to mind. That's OK. Or it might be a face. Or a part of a face. Or it might be a sound. Or it might be a memory that you feel you're just imagining on purpose, rather than it coming to mind naturally. Or it might be an image of yourself that you think you're fabricating based on pictures you've seen. It does not matter!

Your subconscious brings to mind whatever needs to be brought to mind. So simply go with whatever it is. Whether you make it up, whether it is vague, or whether it is just a sound, or a smell, or a sensation, or whatever... Just trust that it is the right thing (this will get easier with practice as you will start getting some results doing this) and go with it.

So as you have this not-clear-memory (whatever it is)...

... you simply focus on it as best you can and you start tapping. You might have an emotional response to the image that you have, or the sound you hear. Or you might notice a bodily sensation (like your heart rate increasing). Simply focus on it and start the tapping.

Be very sensitive to whatever is going on. Keep tapping.

What you likely find happening is:

Things become clearer (you might see a face appearing)

A memory becomes clear (whether it's "real" or whether you think you're making it up doesn't matter)

Feelings and sensations start to shift (a racing heart calms down, or another sensation starts -like a tightness in your chest)

Another scene, image, sound or memory comes up

Simply keep tapping. You can make progress with these images, sounds, faces and so on.

Your aim is to neutralise the emotional response to whatever comes to mind. If you see or hear it in your mind and you have an emotional response to it, simply concentrate on it while you tap.

If a memory starts to appear, use the steps you've learned in the SCS to address it.

I feel so tired when I'm about to do some exercises! What's going on and what can I do?

You are most likely dealing with resistance.

Go to the subconscious resistance section to move past this resistance: <http://www.social-anxiety-solutions.com/overcoming-subconscious-resistance/>

How Do I Know I Am Dealing With (Subconscious) Resistance?

Often you can physically feel the resistance. You find yourself feeling resistant to wanting to do the tapping. You simply don't want to do it. You will find yourself feeling lazy, or overwhelmed, or not focused.

Quite possibly you'll find yourself procrastinating, using any conceivable excuse (I have no time, I don't feel like it now, I have to do my homework, I have to watch this program, I have to finish this task, I'll do it later/tomorrow/next time, etc.) you can think of.

When this happens, you now know you are dealing with resistance.

You will know you are sabotaging when...

... you are not taking action in the system!

When you notice this happening, instead of pushing yourself to forcefully do the exercises in the steps of the SCS anyway, come back to this section and clear as much resistance you uncover.

Once you have moved past the resistance you go back to where you left off. If you ever decide to pause your efforts and then return to it, start by working through the resistance first. After the resistance is cleared, move through the rest of the steps.

I keep procrastinating, what are some solutions?

You are most likely dealing with resistance.

Go to the subconscious resistance section to move past this resistance: <http://www.social-anxiety-solutions.com/overcoming-subconscious-resistance/>

Other solutions are:

A. Committing to a specific time every day. Set your alarm clock. Stop everything you're doing once the alarm goes off. Lock your door. Turn off your TV. Phone off. Only have the SCS open and do the work, whether you filmily it or not (and when you don't feel like it, the resistance section would be the place to go first)

B. Set a specific duration and time it. Set an alarm for 30min, for example. Between these 30min you only focus on the exercises, nothing else.

C. Set the same time every day. Say it's 8PM. Now 8PM becomes your "inner work time".

D. Write down all the benefits you will get from taking the action you feel resistant to.

Your brain moves away from pain and towards pleasure. With the resistance tapping we focus on releasing the association of pain linked to taking action and the outcome we perceive the action will lead to.

By writing down as many reasons why taking action will benefit you, and the positive emotions (pleasure) you will get from taking that action, can diminish the resistance.

E. Make the task at hand super small. So instead of sitting down to do 30 min of inner work, you simply commit to doing 5 minutes. Or, if even that seems to heavy, commit to 2 minutes. Time it with a clock.

Next day you can move forward to 3. Then to 4. Etc. Be patient with yourself. What you might find is that as you start with 2 minutes, you will want to continue. Setting the standard of 2 min so low makes the resistance to starting very low. When you feel like stopping at 2 min, simply do and congratulate yourself for the 2 min you have put in.

I'm yawning during or after the tapping. Why is that?

It's typically a good sign; stuck energy and/or emotions are being released. Burping is possible too. Excessive urinating too, believe it or not (am speaking from personal experience).

Or... you might just be tired!

I can't feel my emotions when I think of the past, what is the solution for me?

If this is the case for you, the SCS is not an ideal option for you.

That said, this is something I dealt with in the beginning of my EFT journey as well. And I have worked with a lot of different therapists to move past this issue. And I'm forever grateful I did.

What happened for me was...

I would get triggered in real life scenarios, but when I was asked in a therapy session how I felt about XYZ I had no emotional response whatsoever. Couldn't feel anything.

A few things I've since learned that I am aware of that could be going on here. One is that you're not vividly imagining what can be going on. Some simple instructions (really vividly image being in the situation again, step into your younger self's shoes, see what you saw, notice the details, the expressions on the faces, the look in the eyes, hear the sounds, tune into what you felt) can remedy this. But this is less commonly the case when you can't feel the feelings. Though try this first!

It is more likely that your subconscious has switched off your feeling response in order to keep you safe and protect you from the emotional pain. This is what was the case for me. I had experienced a lot of trauma for a long time, and my subconscious had shut off the ability to access my feelings about the past. It took a lot of work of getting my subconscious to understand that I was safe before I started feeling emotions again.

One powerful way I've benefited from was "Matrix Re-imprinting" which is an advanced form of EFT which combines Neuro Linguistic Programming and Inner Child work. As you clear some of the really painful traumas that happened using these techniques, your subconscious may start feeling it's safe for you to become more sensitive to your emotions again.

Another thing that could potentially be going on, is that it wasn't OK to feel your feelings when growing up. And so you're disconnected from them. This can also be treated and moved past.

Additionally, there's another emotional healing tool called "the Emotion Code" or another one called "PSYCH-K" which can be very helpful too. I have benefited from both tremendously (but they're possibly even more weird and whacky so I don't promote them cause there's little evidence to back up their effectiveness).

The numbness may indicate that you have other compounding problems aside from just social anxiety, and you need to think about having therapy and doing this online course separately.

It's best to consult with your mental health care provider when you suspect this may be the case.

Therapy makes you sufficiently emotionally stronger, and a warm empathic therapist may help you reconnect with your emotions over time.

I suggest finding someone who's both a therapist and an EFT expert who has experience working with clients who are "numb".

While this will take your time, dedication, and effort, it is well worth the investment. The way you get to feel is worth a hundredfold of all of any effort you've put in.

Hope this helps you and best of luck. There is a way out of this. Persistence wins the race.

I'm not sure how to rate 0-10 for a negative emotion, memory or belief

This is a common problem perfectionists deal with. First, some perspective:

You do not need to know it with mathematical accuracy to get results! You don't need to know it's a 6.5 out of 10 strong emotion after a round of tapping. You simply come up with a rough guess of your 0-10 intensity rating.

The solution to not being able to (trust your ability to) rate is...

Guessing!

Simply guess the number, and you'll be alright.

Say "even though I don't know what my number is, *if I really had to guess* it's X" and blurt out the number.

Another thing to do is make the rating more general, allowing yourself only 3 options:

1. Do I feel the same?
2. Do I feel less negative emotion?
3. Do I feel more negative emotion?

Nothing comes to mind when I ask “what does this remind me of?”... What now?

This might happen when you try to force it, or when you add immense pressure on yourself to “come up with the right memory”.

You don’t need to come up with the perfect memory, your subconscious will do this for you. When you ask yourself a question, things will come up, but you need to trust that what comes up is the right thing.

People often think “ah, nothing comes to mind and I’m just making this up!” or “this isn’t the right memory” or “I have to find an earlier one than this!” or “this is just a vague image” or “this is blablabla”.

If you don’t trust it, just pretend that you trust it and go with the first thing that comes to mind.

Often, all you need is some time and tapping as this relaxes you.

Here’s a strategy I find often works:

Simply keep focusing on the emotion (or belief) you’re tuned into, and while you tap (either on one point, or moving from point to point) ask yourself the following questions to tune into it even more...

Where do I feel this emotion in my body most strongly?

If this emotion has a color, what color is it?

If this emotion has a shape, what shape is it?

If this emotion has a temperature, what temperature is it?

If this emotion has a texture, what would it feel like if I could touch it?

As you are tuned into the emotion strongly, simply ask the question again “what does this remind me of?”.

You can also ask “can I think of an earlier time I felt this way?” and here you are lessening the pressure to come up with the earliest ever event. As you work on the more recent memory you might find that an earlier one comes to mind.

Example:

You have a feeling of shame. You ask yourself what does it remind me of. You *think* nothing comes to mind. You ask yourself if you can think of an earlier time you felt shame. You now know tons of times! You go with the shame that happened last month when you were in that specific situation where you became red when you were the center of attention. As you start tapping on that memory, all of a sudden comes to mind an image of when you were 5 and your mom spanked you in front of everyone when you had peed your pants in school.

...

Patience and persistence is your friend here. The more you do this the more you start to trust the process, the easier it becomes.

I'm still anxious on social situations after a lot of tapping.. What's wrong?

In most cases, nothing is wrong. It typically does take a lot of tapping to free yourself of anxiety.

Remember:

Whenever your mind perceives you to be unsafe socially it will fire off the FFF response which leads to you feeling anxiety.

If you don't feel safe yet, there is more inner work to be done.

That said, if you have done all the exercises in the SCS and you have really given it your all and you still feel as anxious in social situation, this may be an indication that other things are going on than just social anxiety.

If you actually have other compounding problems, you need to think about having therapy and doing this online course separately, ideally when you're stronger *after therapy* cause you get the maximum benefit.

It's best to consult with your mental health care provider when you suspect this may be the case.

He or she can give you a proper assessment of what is going on, and help you find a solution that works for you. Therapy makes you sufficiently emotionally stronger and you need to be strong enough to use this system and get lasting benefits.

I feel more anxious than I did before I started, what's going on?

Here's an article on the topic I suggest you read:

http://www.lifecoachingwithlindsay.com/downloads/Why_people_feel_worse.pdf

What is likely to be going on is that you're making progress and this is threatening your sense of safety. Your system thinks your anxiety is keeping you safe. Addressing this can help big time.

You might on some level be afraid to change more.

You might fear the responsibility that comes after you change.

You might fear you still won't be liked.

You might be afraid to lose your identity.

You might fear having to deal with things you've postponed for a long time.

You might fear you'll have to do these things you promised yourself you would do.

Etc.

(Many of these fears are found along with assistance to move past them in the resistance section:

<http://www.social-anxiety-solutions.com/overcoming-subconscious-resistance/>)

You can tap on any and all of these fears. To uncover the fears ask yourself:

What am I afraid of will happen once I am free of my anxiety?

What will be problematic once I'm anxiety-free?

What I fear facing once I'm done with this problem in my life?

What is the downside to letting go of my anxiety?

What is the upside of staying anxious?

What will I lose when I let go of my anxiety?

How is my anxiety protecting me?

Why is it important my anxiety sticks around?

What will happen when I no longer have the anxiety protecting me?

Tap on all the fears you uncover by tuning into one at a time and tapping continuously while you focus on the fear. If you get stuck and a fear is not releasing, use the resistance phrases and then afterwards tap while focusing on the fear again.

In case that still doesn't release the fear, find the absolute worst case scenario you fear happening.

Imagine that works case scenario happening as if it is happening right now. Tune into the emotions. Follow that down to an earlier memory. Clear the memory.

Tune back into the worst case scenario feeling. If there's more left, follow it down to an earlier memory. Clear the memory. Tune back into the worst case scenario feeling... Etc.

Repeat until there no longer is a worst case scenario feeling.

Then return to the fear of the worst case scenario happening and keep tapping (use the resistance phrases if you get stuck) and clear the fear.

Do this for each individual fear you uncover.

In case you doubt you can deal with this on your own, or if you get stuck at any point, I recommend working with a specialist.

I feel worse after tapping, why is that?

Here's a great article from one of my mentors I suggest you read:

http://www.lifecoachingwithlindsay.com/downloads/Why_people_feel_worse.pdf

Another thing that commonly happens when this is the case is that your tapping has connected with your disowned and suppressed emotions and memories. The tapping has shaven off the top of some deeper issues and these deeper issues have now come to the surface. More tapping on these deeper issues (intense memories and childhood memories, usually) will likely help you past this.

In case this is too overwhelming for you, I recommend working with a practitioner.

I feel overwhelmed, what should I do?

First of all, I would tap on the feeling of overwhelmed and see if you can reduce it somewhat.

Then I would see if this feeling overwhelmed is a current emotion (in response to a current life situation, like working on overcoming your social anxiety) or an “old” emotion (an emotion trapped in a memory that gets activated by something in your now-day-to-day life).

If it is an old emotion, tune into the feeling and follow it down to earlier memories and clear them.

If it is a current emotion when you face overcoming your social anxiety, here are a few tips:

Small chunk it: It’s likely going to take some time to overcome your social anxiety. Wanting to do it all at once can give you a sense of overwhelm. Deciding to only do 30 min today and deciding to do that every day may help you.

How do you prepare for a big exam? Or how do you create a big project? You don’t do it in one setting. You chunk it up into small bits and pieces.

Every step forward gets you closer to your end result.

Every few steps you feel a bit better

Every time you feel a bit better you’re likely to feel more hope

Take it easy: When you really feel overwhelmed, take a break. Take a nap. Go for a run. Distract yourself and return to it later. Sometimes when we’re in a state of overwhelm the task at hand can seem insurmountable. But when we return to it refreshed, we see how we can “eat the elephant one bite at a time”.

If I work on releasing the emotions from past events in my life with the tapping, then miss a few days of working on the SCS in a row, do the emotions that were released come back?

Typically they don't. Once something is released, it is released.

However, your resistance(s) to being free of this past event might have crept back up. So if you had not cleared the event completely yet, be sure to first get rid of the resistances before you work to release the remaining negative emotions.

And, there's a simple way to find out whether you are still upset about a memory you worked on:

TEST IT!

Close your eyes, visualise it, see it as if you were there, hear what you heard, feel what you felt, see if you can still feel some upset. If you can, there's more work to do.

Is there something negative about missing days while working on the SCS?

Not necessarily, other than that you mess up your momentum. Starting something can for people be harder than keeping up with something that was started...

If you for some reason cannot work on the SCS (that reason will in nearly all cases be an excuse, because you can surely find 15min of your day at least to do some tapping) I recommend you at the very least do the finger tapping I explain in the EFT section.

This you can do at any time (on the toilet, while taking a shower, while watching TV, while waling somewhere, on public transport, behind the traffic light, etc) without needing to focus on something specific.

This way you maintain your habit of tapping and you get some tapping into you system each day regardless.