



Change thought patterns

The last step is to experience that you have the power to change your thoughts and feelings. Because we tend to be creatures of habit, to be set in our ways, and most of us tend to be very attached to the way we are and the way we think, our thinking patterns tend to be repetitive and habitual.

So while all of precious steps in the SCS already make a tremendous change in our thought patterns, it's ideal to do the following exercise to solidify the newfound social confidence. (Excitingly enough, it also leads to thinking positively by default!)

Because it takes a minimum of 21 days to form new neural pathways, make a commitment to set aside 10 to 30 minutes every day for the next month to do this last step.

Have a special Notebook for this and, noting the date, on the left hand side of the first page, write down all the negative thoughts you've had that day. Make a note on your list of the common negative themes you see running through the list.

Now, on the right side write down the exact opposite of the negative thought. Make sure that you write all of these down in the present tense.

Once you have completed your list, simply tap on each negative thought/belief you have written down and change it to the positive one you've come up with. To do this, use a simple choice statement from Patricia Carrington. Here's an example of what it might sound like:

"Even though I feel -fill in the negative thought-, I now choose to -fill in the positive thought you now want to believe"

So as an example it becomes (KC 3 times):

"Even though I feel -I'm probably going to mess this up-, I choose -to trust myself and believe it will be easy-"

Now tap one full round on the negative thought (*"I'm probably going to mess this up"*)
Tap this statement on every point.

Follow this with one full round on the new positive thought/belief you want to install (*"I choose to trust myself and believe it will be easy"*).

Finally, tapping on the third round, alternate between the negative and the positive, doing one statement for each point and ending on a positive thought/belief.

EB *"I'm probably going to mess this up"*
SE *"I choose to trust myself and believe it will be easy"*
UE *"I'm probably going to mess this up"*
UN *"I choose to trust myself and believe it will be easy"*
CH *"I'm probably going to mess this up"*
CB *"I choose to trust myself and believe it will be easy"*
UA *"I'm probably going to mess this up"*
LP *"I choose to trust myself and believe it will be easy"*
WR *"I'm probably going to mess this up"*
TH *"I choose to trust myself and believe it will be easy"*

When you do this for all the negative thoughts on your list, every time, one by one you will change them into positive thoughts and beliefs. The result will be that your common negative thoughts will change into positive ones.

Here's a little **Bonus Exercise** that goes along with this, to maximize the potential for your success:

Using your positive list, create reminder cards or post-it notes for each of the new thought/beliefs you have chosen. Put them in places where you will see them often throughout the day.

Making a point of practicing this, you will start to form new neural pathways replacing your automatic negative thoughts with automatic positive thoughts. This is not only great for social confidence, but also feeds into all other areas of your life.