



## **I Accept Myself While I Have Social Anxiety**

If you're reading this now you have done quite some acceptance work in the SCS already, but likely you still have residual feelings and emotions about your challenge with social anxiety. And possibly you also have some feelings/emotions/judgments about yourself for having it.

This is at this point completely normal and to be expected.

Because not only do we have our own feelings about how much it sucks to have anxiety in social situations, we also have television shows, movies and advertising reinforcing within us that it's not OK to be anxious or shy; that there's something terribly wrong with it. And while anxiety sucks and isn't necessary, it is often assumed by many of my clients that social confidence means being outgoing, having perfect social skills and being emotionally unreactive.

And that's not what it is AT ALL.

It is being completely OK with who you are.

NOT being outgoing, and being sensitive, or introverted, is perfectly OK!

We want to have a full and deep acceptance of ourselves, regardless of what temperament we have; whether that is introverted, or extraverted. Because the more you accept yourself, the stronger you feel.

Since there is a lot of shyness, social anxiety and sensitivity bashing out there, I want to share some of my own experiences with it, and some insights from the book "Living Fully With Shyness and Social Anxiety".

Whether you think you are sensitive or not, have a read over it...

## Being Sensitive

When you are born with a sensitive temperament you are more prone to developing social anxiety. Lots of people that have social anxiety (Roughly 50% of the population rates itself as shy, a proportion that may be increasing 1% each year. 13% of the population suffers from extreme shyness or social anxiety – you are not alone!), are therefore likely to be more sensitive than others.

And when you have social anxiety now and feel you are very sensitive, you might curse your sensitivity.

And I want to advise out not only make peace with it, but to love, respect, embrace and fully own it.

Because it's something that is awesome, especially once you understand it better and you fully accept yourself. Not to mention how great it is once you are anxiety free.

And to be free of your anxiety, you want to accept yourself fully and completely. Especially the parts that some of the mainstream media thinks aren't ideal!

Often media tries to convince us with their brainwashing that the ideal way of being is to be a supremely confident and outgoing person. And when you're not fitting the prototype, you're a loser.

As Author Phyllis Shaw puts it:

*The action man, making swift decisions, jet-setting, enjoying a round of parties and having whirlwind affairs with beautiful women, is more commonly found in the media than the librarian who enjoys classical music, goes fishing with his best friend in the weekend, and is faithful to his friendly, gardening-loving wife*

This propaganda from the media pressures us to feel that we should be like that too. And some of us simply are not very outgoing, and prefer to take some time to get to know people, and appreciate deeper connections with people more. And that is perfectly normal!

It's just that due to all this brain washing that we may feel it's not.

I ignored my own sensitivity for a long time. So much so, that I wasn't even aware that I was sensitive. I blocked it all out. I did this (probably subconsciously) because my surroundings growing up, and the programming about how a guy should be (tough, bold, outgoing, never showing any vulnerability, rejection proof, emotionally unreactive, etc.) communicated it was wrong, or not OK.

When someone would show any sensitivity, it would in some way be judged as gay, weak, girly and lame. And so I hid it as much as I could. Knowing what I know now, that being sensitive is simply a temperament and there's absolutely nothing wrong with it –to the contrary-, and feeling free to be my true authentic self, I love my sensitivity.

I feel that because of it I'm really "in tune" with things and the world around me, and I believe there's a lot of benefit to having this temperament. I wouldn't want to have any other temperament!

PLUS, while I am sensitive, I feel confident within that. So I can be bold, outgoing, wild and so on if I so choose. And rejection doesn't get to me much because I have things framed in my mind differently.

Get this into your understanding: **Being sensitive absolutely does not mean weakness.**

I am sensitive, yet I feel very strong, centered and grounded.

Being sensitive is independent of strength of character.

From "Living Fully with Shyness and Social Anxiety" :

"Depending on your background, the word sensitive means "to have understanding". It is meant to be a term of praise. According to research comparing traits that made children popular, in China children that are shy and sensitive are among the first to be chosen by others to be friends and playmates

The interplay of economic, scientific, social and cultural factors determines whether shyness/sensitivity is seen as a desirable trait or a social handicap

We do not have to buy into society's negative judgment of sensitivity. It is an arbitrary judgment. It so happens that in North America there's a push for that which is big, independent and showy. People from other cultures would be mortified if they displayed such characteristics. You can choose whether you buy into such arbitrary values. You can choose to value that which is closer to your true nature."

Now as I mentioned, there are a lot of upsides to being sensitive.

Such as:

- sensitivity to nuances
- sensitivity to subtle differences
- empathy for others
- a heightened ability to pick up on how others feel
- great qualities for certain occupations and for solid friendships
- a natural desire to do well and please others
- sensitivity towards others
- thoughtfulness and caring
- endearing modesty
- you take time to know others and to be known by others
- deep friendships and connections with people

So when you are sensitive, I hope this has planted a seed for you to start acknowledging and accepting it, and the embracing and fully appreciating it and seeing it as the asset that it is. And for the guys reading this: Most –if not all- healthy, high self-esteem women love a man that owns his sensitivity.

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**Viktor Frankl** - Everything could be taken from a man except for one thing: The last of human freedoms, to choose one's attitude in any set of circumstances, to choose one's own way.

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Choose your own way; it is time to appreciate your normal sensitivity.

## Self-Acceptance and Acceptance of Social Anxiety:

When we have social anxiety, we most commonly *don't want to accept having it*. And we also tend to *not accept ourselves* because we have social anxiety. Even worse; we judge ourselves for having it and believe all sorts of nasty things about ourselves (I'm weird, I'm a loser etc.).

And this only makes our already challenging situation much worse!

The common way of thinking is usually "I will never accept this, and I will fight my anxiety with all my power! This is not who I am, I'm never going to accept myself until I'm free of my anxiety, because that would mean I give up... I'm never going to give up on this!!"

While this thinking is understandable, it achieves exactly the opposite of what you want. Because **the more you fight your anxiety and refuse to accept it, the worse it gets.**

The fear you might have is that once you accept your socially anxiety that you will become complacent and not do anything about it anymore. Or maybe you think that it will overwhelm you and that you will remain socially anxious for the rest of your life.

That's not the case at all.

What you actually do by accepting yourself and your anxiety is coming to grips with the now moment. And that is necessary **because what you don't acknowledge and accept- you cannot change.**

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**"What we resist, persists. And what we accept we gain power over."**

**-Carl Jung**

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When you fight your anxiety, you end up giving more attention to it (you're obsessing over it, you avoiding facing it, you monitor it when you're in social settings, you're afraid of experiencing it), and what you focus on expands; so it grows stronger. When it comes to your anxiety, adding attention to the anxiety is like adding fuel to a fire.

So what to do?

You want to fully accept both yourself, and your social anxiety. Both are absolutely necessary for transformation and achieving your social confidence goal.

**All change starts with acceptance.**

Thing is, if you don't accept yourself while you have anxiety, and you don't accept it when you're anxious, then you will always be trying to hide your anxiety and pretend that you're not socially anxious.

Does this sound like you?

Doing this will only increase your focus on your social anxiety symptoms and as a result will make your anxiety worse over time. **Because you're so afraid that others will see your fear or that you will experience embarrassment or rejection, this begins a cycle in which you become increasingly sensitive to your own anxiety reactions. Your anxiety reactions become part of the trigger that sets off an even more powerful fight or flight response.**

What happens when you do not do that is you are in a social situation and your amygdala (**the part of your brain that remembers dangerous situations, and makes sure that you never forget them so that you can predict them and avoid them in the future**) notices that your racing heart and self-consciousness are also present when you begin to sense that the social situation is "dangerous", and it then labels your own physical reactions as part of the danger.

It's the fear of fear.

**You want to get to such a level of acceptance that you are OK with people noticing your anxiety. That is possible, and that is what this article and the exercises in it are about.**

Another important reason why you want to come to a place of full acceptance is that when you do not accept your social anxiety and yourself, you now not only have to deal with the social anxiety that you have -which is bad enough in and of itself-, but also with all the feelings you have **about having social anxiety** and all the feelings you have **about yourself** for producing it!

When you go into a social situation and you "only" experience the social anxiety, then that would be it. But when you have all sorts of emotions **about having social anxiety and about yourself for having it**, the situation gets much worse.

You now notice the social anxiety and you tell yourself how much of a loser you are and how you shouldn't feel this way. And you feel *ashamed about yourself*. And then after that you feel *frustrated about* having social anxiety.

Then when you get home you beat yourself up about it. You're angry at yourself and you feel hopeless about your future due to your social anxiety. Then you think how you want to be and how you think you should be and you feel depressed about your situation...

So by doing this you not only have to deal with the social anxiety, you now also have to deal with all these bad feelings (shame, frustration, anger, hopelessness, depression, etc) on top of it!

And all these “extra” bad feelings are the result of not accepting your social anxiety and not accepting yourself. We’ve been associating ourselves with our social anxiety so much that we think we are our social anxiety. That needs to change.

So in the following exercises you will be instructed how to get to a place where you fully accept that you have a challenge with anxiety. And also a place where you accept yourself fully because you no longer judge yourself for having this challenge, because it’s not your fault. In this state you also realize that you have been judging yourself for all sorts of nasty things (I’m boring, I’m a loser, I have no social skills, people are not interested in me, I’m not funny enough, I can’t be myself, I must be perfect to be accepted, etc) which is not really fair because it wasn’t the real you that you were judging, but the you that was experiencing a fight or flight response when trying to interact with people.

And hey, it’s challenging to be interesting, funny etc when your body is in fight or flight. It’s like trying to tell a joke to people when there’s a vicious tiger in the room!

When you are in this state of full acceptance you are capable of paying attention to your anxiety with a mindset that allows you to distance yourself from the need to do something about it. You will still work on it using the following steps in the SCS, and you will still eventually be free of your anxiety, but you will first need to fully accept all that is.

Because **you simply won’t overcome your social anxiety unless you achieve this acceptance.** It sounds paradoxical, but trust me; by pushing against it you only make it worse...

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As you go through the exercises, keep measuring your statement “*I accept myself while I have social anxiety*” and make sure you do all the exercises and also make sure you get to rate the believability of this statement at a 10 out of 10. Meaning you fully accept yourself

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*It’s divided up into 4 parts.*

***Part I: “Feelings About Social Anxiety”***

***Part II: “Feelings About Myself For Having Social Anxiety”***

***Part III: “Beliefs About Self For Having Social Anxiety”***

***Part IV: “Feelings And Beliefs About The Specifics”***

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# The Exercises

## *Part I: “Feelings About Social Anxiety”*

Below you will find a simple formula to tap away every single negative emotion you still feel **about** having social anxiety.

### **STEP I:**

Ask yourself: “How do I feel **about** my social anxiety?”

Really think about having social anxiety and allow yourself to experience the emotions you have *about* having it.

Here we are looking for the emotions (examples are frustrated, embarrassed, ashamed, fearful, hopeless, angry etc.) you feel when you think about having social anxiety.

*Note: Make sure that it is an emotion you are feeling **ABOUT** having social anxiety, not an emotion you experience (such as fear and anxiety) **because** you have social anxiety.*

Once you have the emotion(s), write it down.

*Note: At first you probably feel multiple emotions (shame, frustration, sadness, etc) **about** your social anxiety. When this is the case, first pick the emotion you feel the strongest. You will use this strongest emotion to go through STEP II. You will have to get ALL emotions you have **about** your social anxiety to a 0 out of 10 intensity so that you feel completely calm about having it. This is possible, trust me!*

**STEP IB:** Go through the video “Psychological Reversal Feelings About Social Anxiety” (If you don’t get all your emotions **about** your social anxiety done in one session, go over this video every single time before you start to work on releasing the emotions you have **about** having social anxiety)



## STEP II:

Go through the below EFT tapping sequence filling in the emotion you feel about your social anxiety where the -X- is placed.

X = Emotion (but put it in a verb form: so say 'ashamed' instead of 'shame', 'frustrated' instead of 'frustration', etc.)

While tapping continuously on the Karate Chop (KC) point, say:

*Even though I feel -X- about having social anxiety I want to deeply and completely accept myself*

*Even though I feel -X- about having social anxiety I accept myself without judgment*

*Even though I feel -X- about having social anxiety I choose to fully accept myself no matter what*

Now say the following phrases at the tapping points (See attached Tapping points PDF)

EB I feel -X- about my social anxiety

SE I feel -X- about my social anxiety because -give a reason why you feel X about your social anxiety-

UE I feel -X- about my social anxiety

UN I feel -X- about my social anxiety because -give a reason why you feel X about your social anxiety-

CH I feel -X- about my social anxiety

CB I feel -X- about my social anxiety because -give a reason why you feel X about your social anxiety-

UA I feel -X- about my social anxiety

LPI I feel -X- about my social anxiety because -give a reason why you feel X about your social anxiety-

WR I feel -X- about my social anxiety

TH I feel -X- about my social anxiety because -give a reason why you feel X about your social anxiety-

*Example:*

While tapping continuously on the Karate Chop (KC) point, say:

*Even though I feel -ashamed- about having social anxiety I want to deeply and completely accept myself*

*Even though I feel -ashamed- about having social anxiety I accept myself without judgment*

*Even though I feel -ashamed- about having social anxiety I choose to fully accept myself no matter what*

Now say the following phrases at the tapping points:

*EB I feel -ashamed- about my social anxiety*

*SE I feel -ashamed- about my social anxiety because -I act weird around people-*

*UE I feel -ashamed- about my social anxiety*

*UN I feel -ashamed- about my social anxiety because -I look so insecure-*

*CH I feel -ashamed- about my social anxiety*

*CB I feel -ashamed- about my social anxiety because -like this I can't ever talk to the opposite sex-*

*UA I feel -ashamed- about my social anxiety*

*LPI I feel -ashamed- about my social anxiety because -I have no real friends-*

*WR I feel -ashamed- about my social anxiety*

*TH I feel -ashamed- about my social anxiety because -I still live at my parents house-*

Once you have done one full round (all the points once), ask yourself how you are feeling about your social anxiety again:

“How do I feel about my social anxiety?”

A. If the emotion you worked on is still the strongest emotion you feel about your social anxiety after having gone over the exercise above, do the 2<sup>nd</sup> EFT tapping sequence below:

B. If another emotion you feel about your social anxiety is now the strongest, go back to step 1 and go through the exercise with this other, now strongest emotion.

C. If you now **don't feel intense negative emotions about** your social anxiety anymore and feel calm about it, go over the Audio Tap Along “A Part Of Me Is Producing Anxiety I AM OK” again (you find this at step “#3 Understanding SAD and Acceptance” of the online SCS).

**2<sup>nd</sup> EFT tapping sequence:**

X = Emotion (now use the noun word; frustration, shame, embarrassment, etc)

Continuously tap on the karate-chop point and say:

*Even though I still feel some / a little -X- about having social anxiety I deeply and completely accept myself.*

Even though I still feel some / a little -X- about having social anxiety I completely accept myself without judgment

Even though I still feel some / a little -X- about having social anxiety I choose to totally accept myself anyway

And you then say the following phrases at the tapping points:

EB this remaining -X- I feel about my social anxiety

SE I still feel some -X- about having social anxiety

UE this remaining -X- I feel about my social anxiety

UN I still feel some -X- about having social anxiety

CH this remaining -X- I feel about my social anxiety

CB I still feel some -X- about having social anxiety

UA this remaining -X- I feel about my social anxiety

LP I still feel some -X- about having social anxiety

WR this remaining -X- I feel about my social anxiety

TH I still feel some -X- about having social anxiety

*Example:*

Continuously tap on the karate-chop point and say:

*Even though I still feel some / a little -shame- about having social anxiety I deeply and completely accept myself.*

*Even though I still feel some / a little -shame- about having social anxiety I completely accept myself without judgment*

*Even though I still feel some / a little -shame- about having social anxiety I choose to totally accept myself anyway*

And you then say the following phrases at the tapping points:

*EB this remaining -shame- I feel about my social anxiety*

*SE I still feel some -shame- about having social anxiety*

*UE this remaining -shame- I feel about my social anxiety*

*UN I still feel some -shame- about having social anxiety*  
*CH this remaining -shame- I feel about my social anxiety*  
*CB I still feel some -shame- about having social anxiety*  
*UA this remaining -shame- I feel about my social anxiety*  
*LP I still feel some -shame- about having social anxiety*  
*WR this remaining -shame- I feel about my social anxiety*  
*TH I still feel some -shame- about having social anxiety*

Once you have done one full round (all the points once), ask yourself how you are feeling about your social anxiety again:

“How do I feel about my social anxiety?”

A. If the emotion you worked on is still the strongest emotion you feel about your social anxiety after having gone over the exercise above, do the 2<sup>nd</sup> EFT tapping sequence one more time.

B. If you have gone over the 2<sup>nd</sup> EFT tapping sequence twice and you still feel the same negative emotion, go over the video “Psychological Reversal Emotion”. After that (you were subconsciously blocked, having gone over this video has most likely resolved that, yet you still need to do the tapping now that the block to letting go is gone), go back to the beginning of the 2<sup>nd</sup> EFT tapping sequence and follow along again.

C. If another emotion you feel about your social anxiety is now the strongest, go back to the beginning of STEP II and go through the exercise with this other, now strongest emotion.

D. If you now **don't feel intense negative emotions about** your social anxiety anymore and feel calm about it, go over the Audio Tap Along “A Part Of Me Is Producing Anxiety I AM OK” again (you find this at step “#3 Understanding SAD and Acceptance” of the online SCS).

### **TROUBLESHOOTING:**

If you can't get an emotion **about** your social anxiety to 0 out of 10...

A. Remember that we are trying to get rid of the feelings you have **about having social anxiety**. Don't expect to get rid of your social anxiety with this exercise because that is not the intention here yet. We are letting go of the feelings you have *about* having social anxiety.

B. Do the Psychological Reversal Feelings About Social Anxiety video again, and then try again.

C. Go over the Audio Tap Along “A Part Of Me Is Producing Anxiety I AM OK” and in case you still have negative emotions *about* your social anxiety after that. Go back to the exercises above and try again.

Now to not only get acceptance of your social anxiety, but also get acceptance of yourself despite having social anxiety, we need to do some more work.

Probably you have already dissociated yourself from your social anxiety after having gone over the video, but you might still have some remaining feelings/emotions **about yourself** for having social anxiety. And you might also have formed beliefs about yourself based on how you perceive yourself due to your social anxiety.

We will be working on that now to gain self acceptance, even though you have social anxiety. Because as I mentioned earlier, this is the way to social confidence.

## **Part II: “Feelings About Myself For Having Social Anxiety”**

### **STEP I:**

Ask yourself:

“How do I feel **about myself** for having social anxiety?”

“How does having social anxiety make me feel **about myself**?”

*Example answers:*

*I am disappointed in myself for having social anxiety*

*I am angry at myself for having social anxiety*

*I blame myself for having social anxiety*

*I reject myself for having social anxiety*

*I am down on myself for having social anxiety*

*Etc.*

Write down your answers.

*Note: If you feel multiple emotions about yourself for having social anxiety, first pick the emotion you feel the strongest. You will use this strongest emotion to go through STEP II. Just like the previous exercise, you will have to get rid of all the negative emotions you have about yourself for having social anxiety.*

**STEP IB:** Go through the video “Psychological Reversal Feelings About Self For Having Social Anxiety” (go over this video every single time before you start to work on releasing the feelings you have about yourself for having social anxiety)

### **STEP II:**

Once you have written down your answers, take one answer and take it through the following tapping sequences:

Continuously tap on the karate-chop point and say:

Even though I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
I accept myself and all my feelings

Even though I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
I deeply and completely accept myself anyway

Even though I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
I choose to accept myself without judgment, I'm doing the best I can

And you then say the following phrases at the tapping points:

EB I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
SE I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
UE I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
UN I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
CH I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
CB I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
UA I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
LP I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
WR I -fill in how you feel about yourself for having social anxiety- for having social anxiety  
TH I -fill in how you feel about yourself for having social anxiety- for having social anxiety

*Example:*

Continuously tap on the karate-chop point and say:

*Even though I -am disappointed in myself- for having social anxiety  
I accept myself and all my feelings*

*Even though I -am disappointed in myself- for having social anxiety  
I deeply and completely accept myself anyway*

*Even though I -am disappointed in myself- for having social anxiety  
I choose to accept myself without judgment, I'm doing the best I can*

And you then say the following phrases at the tapping points:

EB I -am disappointed in myself- for having social anxiety  
SE I -am disappointed in myself- for having social anxiety  
UE I -am disappointed in myself- for having social anxiety  
UN I -am disappointed in myself- for having social anxiety  
CH I -am disappointed in myself- for having social anxiety  
CB I -am disappointed in myself- for having social anxiety  
UA I -am disappointed in myself- for having social anxiety  
LP I -am disappointed in myself- for having social anxiety  
WR I -am disappointed in myself- for having social anxiety  
TH I -am disappointed in myself- for having social anxiety

Once you have done one full round (all the points once), again ask yourself how you are feeling about yourself for having social anxiety:

“How do I feel about myself for having social anxiety?”

- A. If the emotion you worked on is still the strongest emotion you feel about yourself for having social anxiety after having gone over the exercise above, do the **2<sup>nd</sup> EFT tapping sequence** below.
- B. If another emotion you feel about yourself for having social anxiety is now the strongest, go back to STEP II and go through the exercise with this other, now strongest emotion.
- C. If you now **don't feel any negative emotions** about yourself for having social anxiety anymore, you are done with this exercise.

**2<sup>nd</sup> EFT tapping sequence:**

Continuously tap on the karate-chop point and say:

Even though I still have some -fill in how you still feel about yourself for having social anxiety- for having social anxiety I accept myself and all my feelings

Even though I still have some -fill in how you still feel about yourself for having social anxiety- for having social anxiety I deeply and completely accept myself anyway

Even though I still have some -fill in how you still feel about yourself for having social anxiety- for having social anxiety I choose to accept myself without judgment, I'm doing the best I can



And you then say the following phrases at the tapping points:

EB This remaining -fill in how you still feel about yourself for having social anxiety- for having social anxiety

SE This remaining -fill in how you still feel about yourself for having social anxiety-for having social anxiety

UE This remaining -fill in how you still feel about yourself for having social anxiety-for having social anxiety

UN This remaining -fill in how you still feel about yourself for having social anxiety-for having social anxiety

CH This remaining -fill in how you still feel about yourself for having social anxiety-for having social anxiety

CB This remaining -fill in how you still feel about yourself for having social anxiety-for having social anxiety

UA This remaining -fill in how you still feel about yourself for having social anxiety-for having social anxiety

LP This remaining -fill in how you still feel about yourself for having social anxiety-for having social anxiety

WR This remaining -fill in how you still feel about yourself for having social anxiety-for having social anxiety

TH This remaining -fill in how you still feel about yourself for having social anxiety-for having social anxiety

*Example:*

Continuously tap on the karate-chop point and say:

*Even though I still have some -disappointment in myself- for having social anxiety  
I accept myself and all my feelings*

*Even though I still have some -disappointment in myself- for having social anxiety  
I deeply and completely accept myself anyway*

*Even though I still have some -disappointment in myself- for having social anxiety  
I choose to accept myself without judgment, I'm doing the best I can*

And you then say the following phrases at the tapping points:

EB This remaining -disappointment in myself- for having social anxiety  
SE This remaining -disappointment in myself- for having social anxiety  
UE This remaining -disappointment in myself- for having social anxiety  
UN This remaining -disappointment in myself- for having social anxiety  
CH This remaining -disappointment in myself- for having social anxiety  
CB This remaining -disappointment in myself- for having social anxiety  
UA This remaining -disappointment in myself- for having social anxiety  
LP This remaining -disappointment in myself- for having social anxiety  
WR This remaining -disappointment in myself- for having social anxiety  
TH This remaining -disappointment in myself- for having social anxiety

Once you have done one full round (all the points once), again ask yourself how you are feeling about yourself for having social anxiety:

“How do I feel about myself for having social anxiety?”

A. If the emotion you worked on is still the strongest emotion you feel about your social anxiety after having gone over the exercise above, do the 2<sup>nd</sup> EFT tapping sequence one more time.

B. If you have gone over the 2<sup>nd</sup> EFT tapping sequence twice and you still feel the same negative emotion, go over the video “Psychological Reversal Emotions”. After that, go back to the beginning of the 2<sup>nd</sup> EFT tapping sequence and follow along again.

C. If another emotion you feel about yourself for having social anxiety is now the strongest, go back to the beginning of STEP II and go through the exercise with this other, now strongest emotion.

D. If you now **don’t feel any negative emotions** about yourself for having social anxiety anymore and feel **completely calm** about it, you are done with this exercise.

### TROUBLESHOOTING:

If you can’t get an emotion **about yourself** for having social anxiety to 0 out of 10...

- A. Do the video “Psychological Reversal Feelings About Self For Having Social Anxiety” again and then try again.

### **Part III: “Beliefs About Self For Having Social Anxiety”**

What we will now be getting rid of is the beliefs you have formed about yourself for having social anxiety. We judge ourselves and we want to let go of this judgment so we can accept ourselves completely.

#### **STEP I:**

We want to find the answer to the following question:

*“What does having social anxiety mean about me?”*

To make answering this question easier you can finish the following sentence:

Because I have social anxiety it means that (I am)...

*Examples:*

*I am a loser*

*I am a failure*

*I am less than others*

*I am weak*

*Etc.*

Write your answer(s) down. Once you have written down your answers, rate from 0-10 how bad you feel when you say any of these belief statements out loud (10 being I feel really bad, 0 being I don't feel bad about it at all).

*Examples:*

*I am a loser 9 out of 10*

*I am a failure 5 out of 10*

*I am less than others 4 out of 10*

*I am weak 6 out of 10*

*Etc.*

**Note: A belief is a feeling of certainty about something. A feeling that is supported by what we call**

*references experiences (S.E.E.'s) that hold that belief up. It's a thought or an idea that feels real. What we are trying to accomplish is get all the bad feeling out of saying a belief statement so that you start to feel less certain about it. Once we accomplish that, the belief becomes less real and it is more easily transformable into merely a thought/idea that you can consciously change by challenging it.*

## **STEP II:**

Once you have written down your limiting beliefs about yourself, take the one that is the strongest and take it through the video "Psychological Reversal Limiting Beliefs" in the Social Confidence System.

## **STEP III:**

Now take the limiting belief through the following tapping sequences:

Continuously tap on the karate-chop point and say:

Even though having social anxiety means that -fill in what having social anxiety means about you- I deeply and completely accept myself anyway

Even though having social anxiety means that -fill in what having social anxiety means about you- I totally honor and respect myself no matter what

Even though having social anxiety means that -fill in what having social anxiety means about you- I completely accept myself without judgment, I'm doing the best I can

And you then say the following phrases at the tapping points:

EB-fill in what having social anxiety means about you- because I have social anxiety

SE-fill in what having social anxiety means about you- because I have social anxiety

UE-fill in what having social anxiety means about you- because I have social anxiety

UN-fill in what having social anxiety means about you- because I have social anxiety

CH-fill in what having social anxiety means about you- because I have social anxiety

CB-fill in what having social anxiety means about you- because I have social anxiety

UA-fill in what having social anxiety means about you- because I have social anxiety

LP-fill in what having social anxiety means about you- because I have social anxiety

WR-fill in what having social anxiety means about you- because I have social anxiety

TH-fill in what having social anxiety means about you- because I have social anxiety

*Example:*

Continuously tap on the karate-chop point and say:

*Even though having social anxiety means that -I am a loser-  
I deeply and completely accept myself anyway*

*Even though having social anxiety means that -I am a loser-  
I totally honor and respect myself no matter what*

*Even though having social anxiety means that -I am a loser-  
I completely accept myself without judgment, I'm doing the best I can*

And you then say the following phrases at the tapping points:

*EB-I am a loser- because I have social anxiety*

*SE-I am a loser- because I have social anxiety*

*UE-I am a loser- because I have social anxiety*

*UN-I am a loser- because I have social anxiety*

*CH-I am a loser- because I have social anxiety*

*CB-I am a loser- because I have social anxiety*

*UA-I am a loser- because I have social anxiety*

*LP-I am a loser- because I have social anxiety*

*WR-I m a loser- because I have social anxiety*

*TH-I am a loser- because I have social anxiety*

Once you have done one full round (all the points once), say the belief statement out loud again and check how bad you now feel when you say it.

A. If when you say the belief out loud your number from 0-10 is lower, but still not at a 0, go through the **2<sup>nd</sup> EFT tapping sequence** below.

B. If your limiting belief about yourself for having social anxiety is now a 0 out of 10, pick another one of your limiting beliefs and go to STEP II and follow along again. If all the limiting beliefs about yourself for having social anxiety are at a 0 out of 10, go over the Audio Tap Along "A Part Of Me Is Producing Anxiety I AM OK".

## 2<sup>nd</sup> EFT tapping sequence

Continuously tap on the karate-chop point and say:

*Even though I still believe that -fill in what having social anxiety means about you-  
I deeply and completely accept myself anyway*

*Even though I still believe that -fill in what having social anxiety means about you-  
I totally honor and respect myself no matter what*

*Even though I still believe that -fill in what having social anxiety means about you-  
I completely accept myself without judgment, I'm doing the best I can*

And you then say the following phrases at the tapping points:

EB *I still believe that -fill in what having social anxiety means about you-*

UE *-fill in what having social anxiety means about you- because I have social anxiety*

UE *I still believe that -fill in what having social anxiety means about you-*

UN *-fill in what having social anxiety means about you-because I have social anxiety*

CH *I still believe that -fill in what having social anxiety means about you-*

CB *-fill in what having social anxiety means about you- because I have social anxiety*

UA *I still believe that -fill in what having social anxiety means about you-*

LP *-fill in what having social anxiety means about you- because I have social anxiety*

WR *I still believe that -fill in what having social anxiety means about you-*

TH *-fill in what having social anxiety means about you- because I have social anxiety*

*Example:*

Continuously tap on the karate-chop point and say:

*Even though I still believe that -I am a loser-  
I deeply and completely accept myself anyway*

*Even though I still believe that -I am a loser-  
I totally honor and respect myself no matter what*

*Even though I still believe that -I am a loser-*

*I completely accept myself without judgment, I'm doing the best I can*

And you then say the following phrases at the tapping points:

EB *I still believe that -I am a loser-*

UE *-I am a loser- because I have social anxiety*

UE *I still believe that -I am a loser-*

UN *-I am a loser- because I have social anxiety*

CH *I still believe that -I am a loser-*

CB *-I am a loser- because I have social anxiety*

UA *I still believe that -I am a loser-*

LP *-I am a loser- because I have social anxiety*

WR *I still believe that -I am a loser-*

TH *-I am a loser- because I have social anxiety*

A. If when you say the limiting belief out loud your number from 0-10 is lower, but still not at a 0, go through the **2<sup>nd</sup> EFT tapping sequence** above again. Repeat this until you have gone over the 2<sup>nd</sup> EFT tapping sequence 3 times. If after 3 times the belief still isn't at a 0 out of 10...

B. Go through the video #5. "Overcoming Deeply Rooted Limiting Beliefs" in the Social Confidence System.

C. If when you have gone over the video #5 "Overcoming Deeply Rooted Limiting Beliefs" your belief is still stronger than a 3 out of 10, then the limiting belief you hold is most likely not a belief just because you have social anxiety (even though you might feel convinced that it is!). You will probably have had some reference experience/s (S.E.E.'s) in your past where you learned that limiting/negative belief. By going back to these S.E.E.'s you can clear the belief completely.

Clearing these earlier memories (the earliest ones are the most impactful) results in you being able to let go of the limiting/negative belief. You will have learned how to do this at the end of the Social Confidence System. For now all that is important is that you have released all feelings about the social anxiety, and about yourself for having it.

D. If your limiting belief is now a 0 out of 10, pick another one of your limiting beliefs and go to STEP II and follow along again. If all the limiting beliefs about yourself for having social anxiety are at a 0 out of 10 C, go over the Audio Tap Along "**A Part Of Me Is Producing Anxiety I AM OK**" again.

## ***Part IV: “Feelings And Beliefs About The Specifics”***

We’re now going to be more specific about the things that still possibly upset you with regards to your social anxiety. We will get really specific about how social anxiety is limiting us, and then we will release our emotional response to it and come to a place of acceptance of what is.

By doing this, just like in the first 3 steps of this article, we’re not getting rid of the social anxiety itself in these situations (though it can have a positive effect), but we release the emotions we have *about* having to deal with these situations and not being able to live our lives to the fullest and be our best selves.

This of course is yet again moving towards greater acceptance of what it, as that is necessary for change.

### **STEP I:**

Make a list of things that you cannot do, be or have because of your social anxiety that you are upset about. And then organize the list in level of emotional upset from most intense to least intense.

Random example list:

- I blush all the time when the attention is on me 9 out of 10
- I have little sexual experience 8 out of 10
- I don’t have a girlfriend/boyfriend 8 out of 10
- People tease me about my big nose 6 out of 10
- I can’t be myself around others 6 out of 10
- I stutter when I meet new people 6 out of 10
- I’m not living my life fully 5 out of 10
- I have little friends 4 out of 10
- Others think I am insecure 4 out of 10
- I have bad grades/do a bad job 3 out of 10
- I cannot meet people I am interested in for romantic interest 2 out of 10
- Etc.

As you have written out your list, pick the thing that emotionally upsets you the most from your list and take it through the below tapping sequence.



## EFT Tapping Sequence:

Even though –insert emotional upset from your list- and it really makes me feel –insert the strongest emotion/s that you feel about it- I want to find a way to accept that this is what is going on right now

Even though –insert emotional upset from your list- and it really makes me feel –insert the strongest emotion/s that you feel about it- and I really judge myself for it, I want to find a way to treat myself with kindness and compassion anyway

Even though –insert emotional upset from your list- and it really makes me feel –insert the strongest emotion/s that you feel about it- and I really judge myself for it, I want to release my judgement, accept the situation as it is and my feelings about it, and find a way to somehow treat myself with kindness and compassion

EB –insert emotional upset from your list-  
SE and that really makes me feel –insert the strongest emotion/s you feel about it-  
UE –insert emotional upset from your list-  
UN and that really makes me feel –insert the strongest emotion/s you feel about it-  
CH –insert emotional upset from your list-  
CB And I really judge myself for it  
UA –insert emotional upset from your list-  
LP and that really makes me feel –insert the strongest emotion/s you feel about it-  
WR –insert emotional upset from your list-  
TH And I've really judged myself for it

EB –insert emotional upset from your list-  
SE and that really makes me feel –insert the strongest emotion/s you feel about it-  
UE I want to release that now  
UN I want to stop judging myself, I can't help it, otherwise I had changed it already  
CH –insert emotional upset from your list-  
CB And I want to accept that this is the way it is now  
UA –insert emotional upset from your list-  
LP and I still feel this –insert the strongest emotion/s you feel about it-  
WR I want to neutralize all that emotion, I'm doing the best I can given my circumstances  
TH I want to find the resources inside me to accept what it going on now, and accept myself even though I have this challenge, I'm doing the best I can

Example:

Even though –I blush all the time when the attention is on me- and it really makes me feel –embarrassed and insecure- I want to find a way to accept that this is what is going on right now

Even though –I blush all the time when the attention is on me- and it really makes me feel –embarrassed and insecure- and I really judge myself for it, I want to find a way to treat myself with kindness and compassion anyway

Even though –I blush all the time when the attention is on me- and it really makes me feel –embarrassed and insecure- and I really judge myself for it, I want to release my judgement, accept the situation as it is and my feelings about it, and find a way to somehow treat myself with kindness and compassion

EB –I blush all the time when the attention is on me-  
SE and that really makes me feel –embarrassed and insecure-  
UE –I blush all the time when the attention is on me-  
UN and that really makes me feel –embarrassed and insecure-  
CH –I blush all the time when the attention is on me-  
CB And I really judge myself for it  
UA –I blush all the time when the attention is on me-  
LP and that really makes me feel –embarrassed and insecure-  
WR –I blush all the time when the attention is on me-  
TH And I’ve really judged myself for it

EB –I blush all the time when the attention is on me-  
SE and that really makes me feel –embarrassed and insecure-  
UE I want to release that now  
UN I want to stop judging myself, I can’t help it, otherwise I had changed it already  
CH –I blush all the time when the attention is on me-  
CB And I want to accept that this is the way it is now  
UA –I blush all the time when the attention is on me-  
LP and I still feel this –embarrassment and insecurity-  
WR I want to neutralize all that emotion, I’m doing the best I can given my circumstances  
TH I want to find the resources inside me to accept what it going on now, and accept myself even though I have this challenge, I’m doing the best I can

Once you have gone over the above tapping sequence, check to see how you feel about the thing from your list that was emotionally upsetting to you.

A. If your emotional intensity is not decreasing, go over the video “Psychological Reversal Emotions”. After that, go back to the beginning of the EFT Tapping Sequence and follow along again.

**B.** If your emotional charge is still higher than a 3 out of 10 in intensity, go over the EFT Tapping Sequence again and bring it down to a 3 or less.

**C.** When your emotional intensity is at a 3 or less, go over 2<sup>nd</sup> EFT Tapping Sequence below.

**D.** If you now feel relatively **calm and accepting** about the item from your list that was emotionally upsetting, you are done with *this specific item* on your list. Pick the next most emotionally upsetting item of your list and take it through the same procedure. Continue until you have neutralized the emotional charge of all the items on your list so that you are at a place of calm acceptance of what is.

## 2<sup>nd</sup> EFT Tapping Sequence

Even though –insert emotional upset from your list- and I still feel some –insert the strongest emotion/s that you feel about it- about it, I choose to accept that this is what is going on right now

Even though –insert emotional upset from your list- and I still feel some –insert the strongest emotion/s that you feel about it- about it, and I still somewhat judge myself for it, I now choose to release the judgement and replace it with kindness and compassion

Even though –insert emotional upset from your list- and I still feel some –insert the strongest emotion/s that you feel about it- about it, I choose to accept myself and my situation as it is, I choose to make peace with it and treat myself with kindness and compassion now

EB –insert emotional upset from your list-

SE and that still makes me feel a bit –insert the strongest emotion/s you feel about it-

UE All that –insert the strongest emotion/s you feel about it-

UN I give myself permission to release that now

CH –insert emotional upset from your list-

CB And I choose to stop judging myself for it, I'm doing the best I can

UA –insert emotional upset from your list-

LP all the remaining –insert the strongest emotion/s you feel about it-

WR I choose to neutralize it now

TH I choose to find a way to come to peace with what is

EB –insert emotional upset from your list-

SE the remaining –insert the strongest emotion/s you feel about it- I feel

UE I choose to release that now

UN I choose to transform that energy of judgement into a calm acceptance of what is

CH –insert emotional upset from your list-

CB And I choose to accept that this is the way it is now, knowing that I'm changing it

UA –insert emotional upset from your list-

LP And still I am OK, this is not me, I am inherently OK

WR Any remaining –insert the strongest emotion/s you feel about it-

TH I choose to completely accept that –insert emotional upset from your list-, it is what it is, I choose to accept myself even though I have this challenge, and I now choose to treat myself with complete kindness and compassion because that's what I need most right now

Example:

Even though –I blush all the time when the attention is on me- and I still feel some –embarrassment and insecurity- about it, I choose to accept that this is what is going on right now

Even though –I blush all the time when the attention is on me- and I still feel some –embarrassment and insecurity- about it, and I still somewhat judge myself for it, I now choose to release the judgement and replace it with kindness and compassion

Even though –I blush all the time when the attention is on me- and I still feel some –embarrassment and insecurity- about it, I choose to accept myself and my situation as it is, I choose to make peace with it and treat myself with kindness and compassion now

EB –I blush all the time when the attention is on me-

SE and that still makes me feel a bit –embarrassed and insecure-

UE All that –embarrassment and insecurity-

UN I give myself permission to release that now

CH –I blush all the time when the attention is on me-

CB And I choose to stop judging myself for it, I'm doing the best I can

UA –I blush all the time when the attention is on me-

LP all the remaining –embarrassment and insecurity-

WR I choose to neutralize it now

TH I choose to find a way to come to peace with what is

EB –I blush all the time when the attention is on me-

SE the remaining –embarrassment and insecurity- I feel

UE I choose to release that now

UN I choose to transform that energy of judgement into a calm acceptance of what is

CH –I blush all the time when the attention is on me-

CB And I choose to accept that this is the way it is now, knowing that I'm changing it

UA –I blush all the time when the attention is on me-

LP And still I am OK, this is not me, I am inherently OK

WR Any remaining –embarrassment and insecurity-

TH I choose to completely accept that –I blush all the time when the attention is on me-, it is what it is, I choose to accept myself even though I have this challenge, and I now choose to treat myself with complete kindness and compassion because that’s what I need most right now

Once you have gone over the above 2<sup>nd</sup> EFT tapping sequence, check to see how you feel about the item from your list that was emotionally upsetting to you.

**A.** If your emotional intensity is not decreasing completely, go over the video “Psychological Reversal Emotions“. After that, go back to the beginning of the 2<sup>nd</sup> EFT Tapping Sequence and follow along again.

**B.** If the emotional intensity is not coming down to a 0 or 1, then likely the emotion you have about the item on your list has some deeper roots to it. It is most likely not just an emotion you have about that item on your list, but you will probably have had some negative experience/s (S.E.E.’s) in your past where you felt these negative emotions about the item on your list. By going back to these S.E.E.’s you can release the feelings completely.

So you might have embarrassment and insecurity about the fact that you blush in front of people and it won’t go down to a 0 out of 10 in emotional intensity. This then is because you simply have had a, or some earlier experiences in life where you blushed in front of other people and you felt insecure and embarrassed. You will have to go back to these experiences and release the negative emotion there and as a result the embarrassment and insecurity will subside as well.

You will learn how to do this as you go through the Social Confidence System. For now just get the negative emotions about the item on your list as low as possible.

**C.** If you now feel relatively **calm and accepting** about the item from your list that was emotionally upsetting, you are done with this specific item on your list. Pick the next most emotionally upsetting item of your list and take it through the same procedure. Continue until you have neutralized all the emotional charge of the items on your list so that you get to a place of calm acceptance of what is.