



## Quick Fix Exercises

The following exercises are to relieve anticipatory anxiety and negative expectations about social events. Anticipatory anxiety is a fancy name for worrying about upcoming events/situations. It is the fear of what will happen in a specific situation.

For example, you might be invited to a meeting for work and you absolutely cannot get out of it. You are forced to go. Then you have all sorts of doom scenarios you have in your mind about what might happen which you dread.

You might be thinking: "What if I am in the spotlight?", "What if I have to speak and I freeze up?", "What if they laugh at me?" "I always make a fool out of myself", etc.

All these worries you have are anticipatory fears. You fear what *might* happen. And because of these fears, you feel bad in the here and now and you don't even know if they *will* happen.

You are feeling very negative and you are wasting your energy on the things you cannot control. But you can't get it out of your mind!

What if...!!

What you can do is you can release some of the negative emotions and limiting negative beliefs around the situation you visualize. And by doing so...

... you will have a lot less fear and discomfort about the upcoming experience. And possibly none at all.

## **This exercise works as follows:**

### **#1.**

Pick a situation/event you have anticipatory anxiety about.

For example:

- Entering a room where people are already seated
- Going to a birthday party
- Picking up groceries
- Meeting someone of the opposite sex
- Going to a bar/club
- Giving a speech
- Attending a meeting
- Going to the cinema
- Riding your bike
- Etc.

### **#2.**

Once you have an event, write it down.

### **#3a.**

Ask yourself the question: "What do I fear about this situation/event?"

And then write down a list of all the things you fear.

### **#3b.**

Do the "What if-game" (This is basically the same as 3a, just a different way to uncover your fears):

It goes like this:

Think about the event you dread.

Then ask yourself: "What if...?"

And then this is your time to be negative and fill in the blank. Fill in anything that you fear might happen.

Examples:

- What if they stare at me?
- What if they talk about me?
- What if they tease me?
- What if they laugh at me?
- What if I become embarrassed?
- What if I stutter?
- Etc.

### #3c.

Finish these sentences and add them to your list:

The negative thing that I expect will happen is...

What I'm most afraid will happen is...

What negative thing I just know will happen is...

### #4.

Tap away the fears one by one:

Pick one of the fears you have about an upcoming event. Then tap continuously on your karate chop and say the following phrases out loud while visualizing the thing you fear:

Even though I fear -say the thing you fear- , and I feel this fear in my -say where you feel the fear inside your body- I deeply and completely accept myself and my feelings

Even though I fear -say the thing you fear- , and I feel this fear in my -say where you feel the fear inside your body- I choose to feel calm and confident

Even though I fear -say the thing you fear- , and I feel this fear in my -say where you feel the fear inside your body- I deeply and profoundly love and accept myself anyway

Then start tapping on the points:

EB What if -say the thing you fear-

SE I fear -say the thing you fear-

UE This fear in my -say where you feel the fear in your body-

UN I fear -say the thing you fear-  
CH What if -say the thing you fear-  
CB This fear in my -say where you feel the fear in your body-  
UA What if -say the thing you fear-  
LP I fear -say the thing you fear-  
WR This fear in my -say where you feel the fear in your body-  
TH What if -say the thing you fear-

*Example:*

*Even though I fear -them staring at me- , and I feel this fear in my -chest- I deeply and completely accept myself and my feelings*

*Even though I fear -them staring at me- , and I feel this fear in my -chest- I choose to feel calm and confident*

*Even though I fear -them staring at me- , and I feel this fear in my -chest- I deeply and profoundly love and accept myself anyway*

*Then start tapping on the points:*

*EB What if -they stare at me?-  
SE I fear -that they will stare at me-  
UE This fear in my -chest-  
UN I fear -them staring at me-  
CH What if -they stare at me?-  
CB This fear in my -chest-  
UA What if -they stare at me?-  
LP I fear -them staring at me-  
WR This fear in my -chest-  
TH What if -they stare at me?-*

#### **#4b.**

If you after having tapped on a specific fear in Step 4 you still feel fear, use the following format to tap away the remaining fear:

Tap continuously on your karate chop and say the following phrases out loud while visualizing the thing you fear:

Even though I still somewhat fear -say the thing you fear- , and I still feel some of this fear in my -say where you feel the fear inside your body- I deeply and completely accept myself and my feelings

Even though I still somewhat fear -say the thing you fear- , and I still feel some of this fear in my -say where you feel the fear inside your body- I choose to feel calm and confident

Even though I still somewhat fear -say the thing you fear- , and I still feel some of this fear in my -say where you feel the fear inside your body- I deeply and profoundly love and accept myself anyway

Then start tapping on the points:

EB What if -say the thing you fear-

SE I still somewhat fear -say the thing you fear-

UE This remaining fear in my -say where you feel the fear in your body-

UN I still fear -say the thing you fear-

CH What if -say the thing you fear-

CB This remaining fear in my -say where you feel the fear in your body-

UA What if -say the thing you fear-

LP I still fear -say the thing you fear-

WR This remaining fear in my -say where you feel the fear in your body-

TH What if -say the thing you fear-

*Example:*

*Even though I still somewhat fear -them staring at me- , and I still feel some of this fear in my -chest- I deeply and completely accept myself and my feelings*

*Even though I still somewhat fear -them staring at me- , and I still feel some of this fear in my -chest- I choose to feel calm and confident*

*Even though I still somewhat fear -them staring at me- , and I still feel some of this fear in my -chest- I deeply and profoundly love and accept myself anyway*

*Then start tapping on the points:*

*EB What if -they stare at me-*

*SE I still somewhat fear -them staring at me-*

*UE This remaining fear in my -chest-*

*UN I still fear -them staring at me-*

*CH What if -they stare at me?-*

*CB This remaining fear in my -chest-*

*UA What if -they stare at me?-*

*LP I still fear -them staring at me-*

*WR This remaining fear in my -chest-*

*CHR What if -they stare at me?-*

If after this 2<sup>nd</sup> round of tapping you still have some remaining fear, go to 4B again and do another tapping round using that format.

### **TROUBLESHOOTING:**

If the emotion is not going down...

A. Ask yourself “What does this fear/feeling remind me of?” Or, “when is the first time I can remember feeling like this?”

Your mind will then almost surely come up with a S.E.E. Go with the first thing that comes to mind, but try to find the earliest time where you felt that feeling before.

Use the knowledge you have already gained in the Social Confidence System on how to find and get rid of the S.E.E. (table leg) supporting the fear or belief. For review, see the articles:

- “S.E.E. Must Know Info”
- “Clearing a Significant Emotional Event”
- “The Structure Of Beliefs”
- “Changing Negative Limiting Beliefs”

Once that S.E.E. is cleared completely, try again to tap down the fear if there is still fear left.

B. Be very specific. So instead of saying “E.T. I’m afraid they will stare at me...”, say: “E.T. I’m afraid Bob and Sally will stare at me when I say my name as I introduce myself”.

## #5. Worst Case Scenario (WCS) Tapping:

A. Keep the same scenario that you have worked on in the exercises above.

B. Start tapping at the EB point (no set up on the karate chop 'KC' required). And then let your negative mind rattle on (out loud) about the worst case scenario. The worst thing that can happen.

Every time you utter a new sentence you go to a new point.

Keep asking yourself "*and then what negative thing would happen?*" and "*What is bad or scary about that?*"

*Example: (start tapping over all your tapping points already just by reading this example)*

You came up with the event "Going to a birthday party". You then start tapping...

EB - *I'm entering the party and everyone is looking at me*

SE - *I see an old friend who used to tease me*

UE - *He comes up to me and mocks me*

UN - *I get embarrassed (and then what would happen?)*

CH - *He/she laughs at me, I feel even more awkward*

CB - *I try to laugh it off but everyone sees me looking bad (what's bad about that?)*

UA - *I get into a state of panic*

LP - *I don't know what to do with myself, don't know where to go*

WR - *I try to speak to someone, but I stumble over my words*

CHR - *The person calls me a loser*

Etc.

Of course this will most likely not happen in real time. I just made this up. But your negative thinking plays such tricks on you that you may imagine such ridiculous doom scenarios to really happen.

By tapping over all your points while telling your worst case scenario story you get the emotion out of the story you are telling/visualizing.

Keep tapping and telling the worst case scenario until you have zero negative emotion left.

This causes you to be calm thinking about the event, AND it also causes you to be calm during the actual event. This is because you have already experienced the worst case scenario in your mind and you have already dealt with your emotional responses with EFT beforehand.

## **TROUBLESHOOTING:**

If the emotion is not going down...

A. Ask yourself “What does this fear/feeling remind me of?” Or, “when is the first time I can remember feeling like this?”

Your mind will then almost surely come up with a S.E.E. Go with the first thing that comes to mind, but try to find the earliest time where you felt that feeling before.

Use the knowledge you have already gained in the Social Confidence System on how to find and get rid of the S.E.E. (table leg) supporting the fear or belief. For review, see the articles:

- “S.E.E. Must Know Info”
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Once that S.E.E. is cleared completely, try again to tap down the fear if there is still fear left.

B. Be very specific. So instead of saying “E.T. I’m afraid they will stare at me...”, say: “E.T. I’m afraid Bob and Sally will stare at me when I say my name as I introduce myself”.

## #6. Other Negative Emotions Tapping:

In case you are working on a scenario and you have gotten all the fear out of the situation, but now other emotions rise to surface (shame, anger etc.), use the formula below to tap those feelings away:

X=Emotion

Y=What you imagine

While you continuously tap on the karate-chop point, you say:

Even though I feel -X- when I imagine -Y- I deeply and completely accept myself.

Even though I feel -X- when I imagine -Y- I deeply and completely accept myself.

Even though I feel -X- when I imagine -Y- I choose to feel calm and confident.

Now say the following phrase at each of the tapping points:

"I feel -X- when I imagine -Y-"

*Example:*

*Even though I feel -shame- when I imagine -them laughing at me- I deeply and completely accept myself.*

*Even though I feel -shame- when I imagine -them laughing at me- I deeply and completely accept myself.*

*Even though I feel -shame- when I imagine -them laughing at me- I choose to feel calm and confident.*

*Then start tapping on the points:*

*EB I feel shame when I imagine them laughing at me*

*SE I feel shame when I imagine them laughing at me*

*UE I feel shame when I imagine them laughing at me*

*UN I feel shame when I imagine them laughing at me*

*CH I feel shame when I imagine them laughing at me*

*CB I feel shame when I imagine them laughing at me*

*UA I feel shame when I imagine them laughing at me*

*LP I feel shame when I imagine them laughing at me*

*WR I feel shame when I imagine them laughing at me*

*TH I feel shame when I imagine them laughing at me*

## #6B.

If after Step 6 you still feel that same emotion, use the following format to tap away that remaining emotion:

Tap continuously on your karate chop and say the following phrases out loud :

Even though I STILL feel SOME / A LITTLE -X- when I imagine -Y- I deeply and completely accept myself.

Even though I STILL feel SOME / A LITTLE -X- when I imagine -Y- I deeply and completely accept myself.

Even though I STILL feel SOME / A LITTLE -X- when I imagine -Y- I choose to feel calm and confident.

And you then say the following phrase at each of the tapping points (See attached Tapping points PDF)

"Remaining -X- that I feel when I imagine -Y-"

*Example:*

*Even though I STILL feel SOME / A LITTLE -shame- when I imagine -them laughing at me- I deeply and completely accept myself.*

*Even though I STILL feel SOME / A LITTLE -shame- when I imagine -them laughing at me- I deeply and completely accept myself.*

*Even though I STILL feel SOME / A LITTLE -shame- when I imagine -them laughing at me- I choose to feel calm and confident.*

*Then start tapping on the points:*

*EB Remaining shame that I feel when I imagine them laughing at me*

*SE Remaining shame that I feel when I imagine them laughing at me*

*UE Remaining shame that I feel when I imagine them laughing at me*

*UN Remaining shame that I feel when I imagine them laughing at me*

*CH Remaining shame that I feel when I imagine them laughing at me*

*CB Remaining shame that I feel when I imagine them laughing at me*

*UA Remaining shame that I feel when I imagine them laughing at me*

*LP Remaining shame that I feel when I imagine them laughing at me*

*WR Remaining shame that I feel when I imagine them laughing at me*

*TH Remaining shame that I feel when I imagine them laughing at me*

In case a different emotion comes up, simply go back to step 6 and follow along with that different emotion. Keep going until all negative emotions are released.

## **TROUBLESHOOTING:**

If the emotion is not going down...

A. Ask yourself “What does this feeling remind me of?” Or, “when is the first time I can remember feeling like this?”

Your mind will then almost surely come up with a S.E.E. Go with the first thing that comes to mind, but try to find the earliest time where you felt that feeling before.

Use the knowledge you have already gained in the Social Confidence System on how to find and get rid of the S.E.E. (table leg) supporting the fear or belief. For review, see the articles:

- “S.E.E. Must Know Info”
- “Clearing a Significant Emotional Event”
- “The Structure Of Beliefs”
- “Changing Negative Limiting Beliefs”

Once that S.E.E. is cleared completely, try again to tap down the fear if there is still fear left.

## **#7. Your Beliefs About Others’ Thoughts**

A. Keep the same NSE scenario that you have worked on in the exercises above. Then read this info, and follow along with the exercises.

...

We are the best mind readers in the world! We know exactly what it is that other people are thinking of us. Or do we?

We’re often convinced that other people judge us for all sorts of things. And they of course can see every tiny bit of anxiety we might have, right?

Wrong.

Many clients have told me that they just know what others are thinking. I certainly have thought I’ve been a wonderful mind reader. And while we that develop social anxiety tend to be sensitive to situations, we cannot know what others are thinking. We guess, that’s what we do. And our guesses are often more based upon how we judge ourselves, rather than on how others truly judge us...

As the book “social phobia” states:

*A social phobic's "evidence" for their negative beliefs comes from their own impression of how they appear to others rather than observation from others' responses.*

So this means that what you think that they think of you, is based upon how YOU THINK you come across, rather than what they actually think of you.

Lovely sentence...

Fact is that it doesn't matter much whether they actually think bad things about you and judge you negatively, or whether it's just your perception that they do. It boils down to the same thing:

It makes you feel even more anxious!

So what we want to do is to get rid of those anxious thoughts by getting rid of the emotional responses you have to what you think that they think of you.

You might be a bit confused about all this I think, you think, they think etc., so let me give you an example.

You might think that when you feel anxious that other people notice this and judge you to be a loser. And that may or may not be the case.

It's more likely that you feel anxious and you THINK that they notice this and you BELIEVE they judge you to be a loser.

Multiple scenarios can be the truth. They can notice it, or they don't notice it. If they do notice it, they can either really judge you to be a loser, or it can just be your perception that they do.

Fact is –and I have checked in with many people who do not have social anxiety, and who have some social anxiety- that **most people simply don't care**. They're often too concerned with themselves to be judging you.

**Plus, it's often YOU that is judging yourself so harshly which causes you to THINK and EXPECT that others do the same.**

Seriously, think about this... It's BIG.

...

The following exercise is focused on getting rid of the emotional response you have to what they think of you, or what you BELIEVE they think of you.

Doing this causes you to feel calm and accept whatever it is that they think of you. And accept yourself even though they might think bad things about you. After all, what other people think is none of your business anyway, right?

***This exercise will help you to stop caring so much about what other people think of you.***

Let's get started.

## Exercise:

A. Answer the following questions and write the answers down.

- “What do other people think of you?”
- “What do you know for sure that they think of you?”
- “What does that one person or group of people think of you?”
- “What are you afraid of that they think of you?”

*Example answers:*

Other people think I'm weak  
Strangers think I'm weird  
Everyone thinks I'm ugly  
People think I'm a dork  
People think I'm a screw up  
People think I'm uncool  
They know that I only fake being confident  
John's group thinks I'm boring  
Linda thinks I'm a nerd  
Women think I'm insecure  
Men think I'm a loser  
My family feels sorry for me

**#B.**

Rate all the beliefs -the answers you can up with are all beliefs- from 0-10 on how true they feel to you when you say them out loud (0 being not true at all, 10 being the absolute truth).

*Examples:*

Other people think I'm weak 6 out of 10  
Strangers think I'm weird 6 out of 10  
Everyone thinks I'm ugly 6 out of 10  
People think I'm a dork 7 out of 10  
People think I'm a screw up 4 out of 10  
People think I'm uncool 6 out of 10  
They know that I only fake being confident 7 out of 10  
John's group thinks I'm boring 9 out of 10

Linda thinks I'm a nerd 10 out of 10  
Women think I'm insecure 8 out of 10  
Men think I'm a loser 6 out of 10  
My family feels sorry for me 5 out of 10

#C.

Now take one of the strongest beliefs and take that belief through the below tapping sequence

*Note: The intention of the tapping here is not to completely stop believing any bad thing they might think of you (or what you perceive they might think of you...), it's about **feeling calm and accepting about whatever it is that they might think of you.***

Tap continuously on your karate chop (KC) and say out loud:

Even though I'm convinced that -fill in the belief you have about what others think of you- I deeply and completely accept myself anyway

Even though the truth is that -fill in the belief you have about what others think of you- I accept that I feel like this and I accept myself anyway

Even though I know for sure that -fill in the belief you have about what others think of you- I choose to accept that if that's the case and I accept myself without judgment

Now tap over all the points:

EB I'm convinced that -fill in the belief you have about what others think of you-  
SE I'm convinced that -fill in the belief you have about what others think of you-  
UE I'm convinced that -fill in the belief you have about what others think of you-  
UN -fill in the belief you have about what others think of you-  
CH -fill in the belief you have about what others think of you-  
CB -fill in the belief you have about what others think of you-  
UA -fill in the belief you have about what others think of you-  
LP -fill in the belief you have about what others think of you-  
WR -fill in the belief you have about what others think of you-  
TH -fill in the belief you have about what others think of you-

EB I accept that -fill in the belief you have about what others think of you-  
SE No I don't!

UE I want to accept that -fill in the belief you have about what others think of you-

UN No I don't

CH Yes I do, I want to feel calm about whatever it is they might think of me

CB -fill in the belief you have about what others think of you-

UA I want to accept that -fill in the belief you have about what others think of you-

LP -fill in the belief you have about what others think of you-

WR and that's OK

TH I want to feel calm about whatever they think of me

EB I choose to accept it if -fill in the belief you have about what others think of you-

SE Whether it's true or not!

UE -fill in the belief you have about what others think of you-

UN And that's OK

CH It's none of my business what they think of me

CB -fill in the belief you have about what others think of you-

UA I choose to accept it that -fill in the belief you have about what others think of you-

LP Whether that's true or not, I choose to accept how I think about this

WR -fill in the belief you have about what others think of you-

TH And I accept myself without judgment anyway!

Tap continuously on your karate chop (KC) and say out loud:

*Even though I'm convinced that -other people think I'm weak- I deeply and completely accept myself anyway*

*Even though the truth is that -other people think I'm weak- I accept that I feel like this and I accept myself anyway*

*Even though I know for sure that -other people think I'm weak- I choose to accept that if that's the case, and I accept myself without judgment*

Now tap over all the points:

*EB I'm convinced that -other people think I'm weak-*

*SE I'm convinced that -other people think I'm weak-*

*UE I'm convinced that -other people think I'm weak-*

*UN -other people think I'm weak-*

*CH -other people think I'm weak-*

*CB -other people think I'm weak-*

*UA -other people think I'm weak-*

*LP -other people think I'm weak-*

*WR -other people think I'm weak-*

*TH -other people think I'm weak-*

*EB I accept that -other people think I'm weak-*

*SE No I don't!*

*UE I want to accept that -other people think I'm weak-*

*UN No I don't*

*CH Yes I do, I want to feel calm about whatever it is they might think of me*

*CB -other people think I'm weak-*

*UA I want to accept that -other people think I'm weak-*

*LP -other people think I'm weak-*

*WR and that's OK*

*TH I want to feel calm about whatever they think of me*

*EB I choose to accept it if -other people think I'm weak-*

*SE Whether it's true or not!*

*UE -other people think I'm weak-*

*UN And that's OK*

*CH It's none of my business what they think of me*

*CB -other people think I'm weak-*

*UA I choose to accept it that -other people think I'm weak-*

*LP Whether that's true or not, I choose to accept how I think about this*

*WR -other people think I'm weak-*

*TH And I accept myself without judgment anyway!*

## **#D.**

Once you have taken a belief through the above tapping sequence, say the belief out loud again and rate once more to see how true it feels from 0-10.

*Note: You are aiming for 0 out of 10 of course, but sometimes you know a belief factually to be true. If that's the case, your number maybe won't drop to a 0. However, you will likely start to feel different about it.*

*That's what we're after. You want to check from 0-10 how much the belief makes you feel bad on a scale of 0-10. Here you are of course aiming for 0 out of 10.*

If this is not a 0 out of 10 yet (which is very much possible), take the belief through the above tapping sequence again.

