



Social Confidence Self-Image and Goal

In this crucial exercise we will create a new social confidence reality for you internally that your subconscious can start working towards realizing and in the process of doing so we will start to form a new socially confident self-image for you.

This is a very important exercise because in your subconscious mind you hold an image of yourself, your self-image. Right now, this image that you hold subconsciously is not that of a socially confident person. And that is a problem because this self-image controls how you behave in social situations. You always act like you see yourself subconsciously. You cannot act otherwise. You can try to act otherwise, but you will have to work very hard to override your subconscious picture of reality. This is why faking social confidence is so exhausting and you come back from a social event drained of energy!

You automatically behave like the “you” who is controlled by your picture. The way you are in social situations - how you act or behave - is controlled by your self- image.

So since this is the case, we want to start out by creating a new self-image for you. A socially confident one. Once we have this, we will aside from the daily visualization, use all the EFT exercises in the SCS to make you be completely congruent with this new self-image of social confidence. Once that is the case – which is what the whole Social Confidence System is designed for- being socially confident will feel natural to you.

Now in other programs you might have run into these exercises of self-image changing and goal setting as well. For a reason, it is important. That it might not have worked for you in other programs does not mean that the exercises are not valuable. They are. The difference with the Social Confidence System is that this is just a tiny piece of the whole puzzle.

The intention of the Social Confidence System is for you to end up being permanently socially confident in the way that you desire to be. Not to make some minor improvements here and there. This system is intended to have you be socially confident for the rest of your life. In order to do that, your self-image needs to be changed into that of a socially confident person.

And that is what we start with here. We create your new self-image, and the way your life will look as you are that way.

Another big benefit of doing these exercises is that it will get your attention off your social anxiety disorder and it will help you focus on what you want; social confidence. And since what you focus on expands you will now be reinforcing and strengthening this new image of yourself, your socially confident you and your socially confident life, instead of your old challenge with social anxiety.

After this exercise you will have an idea of who you will be, how you will act, and what your life will look like when you are socially confident.

Having this, and then visualizing and affirming your new socially confident reality every day for a few minutes will start laying down the neural network of social confidence.

Note: Please don't be afraid that this all the SCS is about. It is FAR FROM THAT. But self-image visualization is in so many self-help programs for a reason; it's important. Without this new self-image and goal your subconscious mind has no clear direction and it keeps its focus on recreating the same thing (social anxiety) over and over. After this exercise your subconscious has a clear direction and all the powerful EFT exercises that follow will be even more effective and powerful and you will achieve your goal even faster,

Goal Setting Exercise

I'm going to ask you a bunch of questions in relation to your upcoming desired social life; your social confidence goal. For every single question I give a random example. Read the whole question including the example to give you an idea as to how to approach the exercise. Then write down your answer in as much detail as possible.

Question 1: Where are you now? Describe your current situation.

Example:

I feel anxious in just about all social situations. Especially when there are people that I think are cooler, more attractive, or in some way better than me. And especially when there are people of the opposite sex. Then my anxiety is at its worst.

I have difficulty really connecting with people because I always feel anxious, I feel I need to come off the right way, terrified they will see how anxious I feel inside, afraid someone might mention it. And I'm dead afraid of becoming embarrassed again. It's a frustrating pattern I deal with that I can't seem to overcome.

I have very few friends. I have some people I hang out with, but it doesn't seem like they really like me. I am liked sometimes, but only when I am drunk it seems. I just want to have a normal life, but I always feel like the outsider. I don't think they respect me, I feel different.

I often avoid situations where there are a lot of people. My anxiety seems to be getting worse the more I think about it, or the more I try to overcome it. I really see no way out sometimes, it seems like I will have to live life like this forever. And it sucks, but I can't talk with anyone about it because I'm really ashamed of being this way.

I feel so depressed and alone sometimes!

I've been running from job to job and I constantly get fired or I resign because I hate the jobs since I just can't connect with my colleagues. Every job I get to, everyone seems to already be friends with each other, and I'm the weird guy that can't get into the group. I hate work. Financially I don't have much, and I'm really worried about my future career.

I feel terribly uncomfortable when I see someone I am attracted to. Secretly I would love to get to know the person, but I'm very afraid that they would find out that I like them. I don't feel good about myself, I don't feel safe in social situations, and there is hardly any place where I feel at home. Life is really challenging, and I really hope that this is going to work because I've tried so many things and nothing seems to work for me.

OK. I know that must've been pretty depressing. I'm sorry I had to have you go through that, it's going to get better from here on forward. Just know that you're not alone, and that there truly is a way out of this. Doing the exercises and **taking your time for them**, persistence and the right application of EFT will get you to where you want to be. I did it, clients of mine have, other SCS buyers have, so can you.

Question 2: What is it exactly that you want?

Now since your mind does not process a negative, state your goal in the positive. And make it **present tense (as if it's currently already true)** and specific. So don't put in there

"I don't want to feel anxious".

Since your brain won't hear the negative (*don't*) it therefore only registers the command

"I want to feel anxious".

So change that negative statement to a positive one in the present tense:

"I feel calm and confident in all social situations"

But just that statement is not enough. What you want to have is a new story, a new reality, a new way of being completely. You've been living this social anxiety story that you have written down in question #1. In order to start living your social confidence story you will want to make sure you know exactly what that looks like.

I will help you with specifying what you exactly want by asking you a long list of questions.

But before I do, I want to give you an easy way of getting started with your new ideal socially confident self-image and reality. What you do is you take your old social anxiety story, the one you just wrote down, and then you write the exact opposite of all the negative things you wrote down. Every sentence of your negative social anxiety story you change into a positive, **present tense** social confidence story.

This will go something like this:

*“I feel anxious in just about all social situations” → I feel confident in all social situations.
“Especially when there are people that I think are cooler, more attractive, or in some way better than me.” → I feel worthy and more than good enough and I feel equal to anyone.
And especially when there are people of the opposite sex. Then my anxiety is at its worst.
→ And especially when there are people of the opposite sex my confidence is at its highest because I allow myself to really be me myself because I accept myself.*

Etc. Continue in this way until you have created a total new socially confident story.

So you go from the old social anxiety story:

I feel anxious in just about all social situations. Especially when there are people that I think are cooler, more attractive, or in some way better than me. And especially when there are people of the opposite sex. Then my anxiety is at its worst.

To your new, present tense, social confidence story:

I feel confident in all social situations. I feel worthy and more than good enough and I feel equal to anyone. And especially when there are people of the opposite sex my confidence is at its highest because I allow myself to really be me myself because I accept myself.

In this way it is easy to come up with the start of your new social confidence story. My suggestion would be to do this first, and then to go over all the questions below to see if you can make your new story even more compelling and complete.

The list of questions to make your social confidence self-image and reality complete:

- How do you want to feel?
- How do you want to feel about yourself?
- What do you think about when you are in social settings?
- What does your social life look like?
- What does your dating and sex life look like?
- Are you dating a man/woman?
- Are you having multiple dates?

- Are you with your life partner?
- What do you do in the weekends?
- Do you have a lot of options in the weekends?
- Who do you talk to?
- How social are you?
- How are your conversation skills?
- What happens when you are in a conversation?
- How do you feel in conversation? Can you be yourself?
- What kind of people are your friends?
- Do you have a lot friends?
- What social things do you do?
- Will you be doing a new sport or hobby?
- What do you wear?
- How do you look?
- How's your body language and voice tone?
- How do people respond to you? Do they like you?
- What does your life look like?

Make this as detailed as you possibly can. When I did this exercise a long time ago for the first time I came back to it over and over until I had written 2 full pages...

So don't hold back; this will be your new life story!

Here's a quick example:

I feel calm and confident in all social situations. I like myself, accept myself completely and am peaceful and happy in general. I expect people to see me as a friendly, nice person who doesn't take himself too seriously and who likes to have fun and joke around a lot. And they do. I at times joke around quite a bit, but at other times I can be serious and have deep conversations about far out topics as well. And I feel confident talking about any of them. Some people might think that's odd, and that's OK with me. People respect me because I'm always honest and sincere. I say what's on my mind and I disagree if I don't agree. I live with integrity.

I am in a healthy relationship with the woman of my dreams. She's amazing and I love her and she loves me.

In the weekend I meet up with friends on Friday and we go out for dinner and afterwards we go to a bar/club/shoot pool and maybe have a few drinks. I often get calls from other friends asking me if I want to go hang out or if I want to come over for dinner etc. I have lots of options. I know that when I cancel they will understand because they know I'm a busy person and appreciate their invite.

On Saturday I play competition soccer with my friends. I love it. In the evening me and my partner often go salsa dancing, or I go out with the guys. Whatever I do I always have the time of my life. I don't feel forced to meet people, but I like to joke around with and meet new people and often we end up making new friends. It actually just goes automatically. Good times. On Sunday I often relax and stay in with my girlfriend, relaxing and having a lazy day and watching a movie or going to the cinema.

I recently started Muay Thai boxing and it's awesome. I easily bonded with everyone and I've created some interesting friendships out of this new hobby. I am also training for a fight in the ring. Very exciting!

My social skills are excellent. I feel free to tell a story if I want to, jokes come to me naturally and I have fun when myself or others look "bad socially". I find it rather amusing. I'm grateful I'm naturally being myself around others and conversations go smoothly. I feel completely relaxed in conversation and I make people feel at ease automatically because I'm so accepting of myself and the other people around me. I expect others to like me and in fact, they do. Socializing is just as normal to me as brushing my teeth, I do it without thinking and I connect easily with others.

I have a lot of friends. A few close ones that I often meet during weekdays. For dinner, a movie, an event, watch a game etc. I also have some friends I don't see often and do some extraordinary things with. I have a lot of different type of relationships within my social circle because that's what I enjoy.

I wear white and blue most often. I have a casual, laid back yet classy style. People respond to me positively because they know I respect them. I am genuinely interested in people and that communicates itself causing people to like me. Possibly not everyone likes me though, and I am totally fine with people not liking me. What other people think of me is none of my business. I care if my close friends tell me something about my behavior they don't like, but what random people think of me is none of my business. I feel free and alive. I completely accept myself and I love life. And I live my life for ME.

Now the above is just an example. It absolutely does not have to be like this. It is what YOU want. Make sure you don't pick something that others will think is "cool". Get that nonsense out of your head and start living your life for yourself. If it is what you want and others think it's cool, great. But do what you like, what feels good, what you feel best about.

Maybe you just want a great partner and two close friends and feel at ease talking to your colleagues. Whatever social confidence means to you is perfectly fine. We all have different personalities and we need to choose for what we believe in our gut will make us the most happy.

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Now that you are done with this exercise, continue writing down your answers to the questions 3-5 and then take your new, present tense, social confidence self-image and reality to the section on visualization which you find below the 5th question.

Question 3:

How will achieving your goal affect other aspects of your life? Professional life, health, happiness, etc.

Example:

By me achieving my goal of being completely confident in all social situations my overall quality of life will improve significantly. Waking up will feel great as I can look forward to meeting people and interacting. I will feel free at last! It will cause me to feel happy knowing I can form the relationships and social life that I truly desire.

At work I am probably taking on tasks where I have to take the lead with ease. Public speaking? Won't be a problem for me anymore. Discussion with my boss? I'll enjoy those as I can give my opinion and maybe suggest how we can improve things. This might even get me some promotions as my confidence makes me show my best self and this communicates I can handle the challenges that might come my way.

Since I won't drain my energy with my negative emotions and negative thinking anymore I feel energized to go to the gym and improve my health and body. I'll look great and feel great.

Question 4:

This one might seem obvious, but think about it. It helps you to motivate yourself...

WHY do you want this? For what purpose do you want to achieve this amazing goal? Write down at least 7 reasons.

Example:

Because I am so sick and tired of not living my life to the fullest. I have big potential if I could just be free of this anxiety. I am tired of waking up and feeling the chore of anxiety every time I get into a social interaction. I just want to be happy, have joy in what I do and have the freedom to try out new things. To travel and live life to the fullest. I don't want to end my life looking back and being disappointed... I want to be happy and fulfilled

Because I want to have peace in my mind.

Because I want to have close friends that I can share great times with.

Because I want to joke around and have fun with others.

Because I want to be in a loving committed relationship with an amazing partner.

Because I want to feel confident in my career

Because I want to do these things that I am too afraid of doing now

Because I want to live a normal life with friends and a relationship and because I want to travel and because I want to live my fullest potential and because I want to wake up feeling energized and happy and because I want to live life to the fullest and because...

Question 5:

Consider what the costs are of attaining your goal. What do you have to do to achieve your goal? Think of all the things you have to do (hours you have to invest, inner work you have to commit to etc.). And then ask yourself if, thinking about how resourceful you are now, are you willing to take the necessary effort to achieve your goal?

Example:

The cost of achieving my goal is investing 1 hour every day for the next 90 days. And possibly some financial investments in case I get stuck.

YES! I am absolutely 100% determined to achieve my goal!

Those were all the questions.. Go back over them until you think you're done with this process. After you think you are done with all the questions, go back to your new life story. See if you can improve it some more. Make it sharper, more detailed if possible.

Visualization/Mental Rehearsal

Now that you have your new socially confident self-image and reality you want to start convincing yourself that this is reality NOW. And this takes some practice. Part of the practice that it takes is visualization.

I have a complete description on how to go about it for you below (if you think you can't visualize, then just pretend you can and read the social confidence reality you created to yourself out loud and feel the good feelings of it. This will get easier and easier).

Simply follow the steps. Commit to doing this once a day at least. If you don't do this, you are telling yourself you don't want to be socially confident. I hope you agree that all the reasons in the world you might come up with are just excuses. Everyone can find 2-5 minutes per day to do this. It's important. If you want to achieve your social confidence reality, then you commit to doing this every single day.

And hey, it'll get easier and easier and it'll start to be fun!

Now in the beginning, when you start with doing this every day, it might be challenging. And you might experience anxiety or uncomfortable emotions. That's OK. That's to be expected. Just take comfort in knowing that it will get easier the more exercises in the SCS you complete.

Plus, a thing you can do before you start, is to first think of a time where you felt really comfortable around others. That can be with a friend, a family member, around the dinner table, whatever. And then as you have that good feeling, start with the visualization.

Now your subconscious does not know the difference between something real and a vividly imagined event.

So when you visualize this as your new life it will start to feel more and more normal to you. As you continue to do it over and over again, pretty soon your subconscious accepts that it is true for you.

Visualization records memory and develops beliefs and attitudes without the actual event even taking place. It allows us to record in our subconscious mind the data we wish to have as our version of reality. So commit to doing this every day, knowing that this is just a small but powerful part of the SCS, and also knowing that the exercises you will go through in the SCS will make you more and more congruent with this new reality.

6 Tips For Effective Visualization:

I. Visualize once a day (maximum twice, but only do this if you really feel good. Once a day is fine..) for 5 minutes max. Time this with a stopwatch. Doing too much visualization will make you lose focus.

II. Try to be very detailed. So try to see those smiles on people's faces as you interact with them, feel how comfortable and relaxed you feel, hear the laughs at your jokes etc. In the beginning, don't worry about whether you are putting in enough detail. Every time you visualize you will automatically incorporate more and more detail.

III. Visualize with emotion. You want to feel as if what you're visualizing is already true. So really get into the emotions. Intend to feel how you would feel, then feel it. Make pretend. Do whatever you can to really feel those good feelings you would experience if you had already achieved your goal. The ultimate aim of visualization is to **evoke the feeling that the goal has already been achieved**.

Feel as though it has already been achieved and your imagery will pull you toward the end result that you desire.

IV. Put yourself in the picture. You are looking from your own perspective, out of your own eyes. So you see your own hand reaching out to shake that hand. You see the clothing you're wearing, your feet kicking the ball. But you can't see your own face. Super important that you look out of your own eyes.

V. Only visualize the end result. Don't worry about how to get there. The only thing you are visualizing is the end result. And **you are visualizing as if it is true right now**. Now how it would be in the future. You are mentally rehearsing what life is like for you as a socially confident individual. In the **present tense**.

VI. Take your time, find a nice comfortable spot and enjoy this. Make it your 5 minutes of fun and nice daydreaming.

Specific Instructions:

Find a comfortable place where you won't be disturbed for the coming 2-5 minutes.

Take your two fingers of your dominant hand that you normally use to tap on the on the under-the-eyepoint and leave them resting on the under-the-eye-point. (It doesn't matter which side of the body you use, it's all just as effective.)

Take your four fingers of your non-dominant hand that you normally use to tap on the under-the-earpoint and leave them resting on the under-the-ear-point. (It doesn't matter which side of the body you

use, it's all just as effective.)

Take 5 deep breaths into your heart (imagine breathing in and out of your heart).

Take a deep breath in through the nose, taking about 6 seconds to completely fill up your lungs. Breath into the belly first, then into the chest. Exhale via the mouth, taking again roughly 6 seconds to breath out all the air. Repeat this for at least 5 breaths.

Good. You probably feel pretty calm now.

Now close your eyes and make a clear picture/video in your mind of the amazing goal you have just created for yourself; your new life story. And then **step into the picture**, into the new you. And then look out of the eyes of the new you and see what you will see, hear what you will hear and feel how good you will feel.

You are imagining here that your goal is already achieved and that this is your new life. Look from your own perspective, out of your own eyes (So you don't see yourself in the picture because you are looking out of your own eyes from this new you perspective. You are looking out of your own eyes so you can't see your own face).

Feel the feelings you would feel, make the visualization as real as possible. Make the picture/video in your mind big with bright colors. Make it really close to you and again, look out of your own eyes.

Try to hold the feeling and visualization for about 2-5 minutes (if this is difficult in the beginning, start with 30 seconds. Then 45. Then a minute. Then 90 sec. Then 2 min. Then 3, 4 and finally 5 full minutes).

If it is easier for you to feel the emotions and stay focused you can visualize while speaking out loud. So you can say out loud what is happening in your life now that you have achieved your goal. You can simply read the social confidence story to yourself (or record it on a tape recorder).

Just make sure you talk in **present tense; this is your life as it is now already of course!**

This is all you need to do, once a day or twice a day. Once in the morning, once before sleeping. But only do it twice if you really feel focused to do it twice. You want to enjoy it, have the time for it and make it count. It's better to do it properly once than sloppy twice.

And you can daydream about this as much as you want during the day of course. But take that 2-5 minutes per day for your official visualization.

Allow yourself to have fun doing this, it should be a good time!