



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

If you are like any of the people that I've worked with who suffers from social anxiety, you don't accept your social anxiety and you judge yourself for having it.

This is common and normal, yet detrimental to your efforts to free yourself of 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 negative emotions *about* having social anxiety, and judgments 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. You are 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) and this judgment is out of place because it isn't yourself you are judging, but the you who is experiencing the social anxiety symptoms that result from the fight, flight, freeze response activation.

And hey, it's challenging to be interesting, funny etc when your body is in survival mode! It's like trying to tell a joke, or truly being interested in people when there's this wild bear in the room about to attack you...

When you get home after a social event you beat yourself up about it. You feel frustrated that nothing works to overcome it. You fear that never works to overcome it. You're angry at yourself and you feel hopeless about your future due to your social anxiety.

How can you have a normal life when you are suffering with this?

You think you shouldn't have this social anxiety, you believe you're weak and inferior and that there's something wrong with you. You feel ashamed of yourself for having it.

Then you think how you wish your life was and how you think you should be and you feel depressed about your situation...

As a result of all of this non-acceptance, you now not only have to deal with the social anxiety -which is tough enough itself-, you now also have to deal with all these negative emotions (shame, frustration, anger, hopelessness, depression, etc) and self-judgments on top of it!

These negative emotions and self-judgments cause you to be totally stuck.

Releasing these, and coming to a place of acceptance of yourself *while you have social anxiety*, as well as acceptance of the fact that you are currently dealing with a challenge called "social anxiety", will bring you some inner peace and will put you in a position to free yourself of your social anxiety.

## I Shall Not Accept My Social Anxiety!

The common way of thinking to these suggestions of acceptance is “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!”

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 situation as it is. 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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The more you fight your anxiety and refuse to accept it, the worse it gets. 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 conscious of having to hide your anxiety. This makes your anxiety worse over time.

As you experience anxiety for some time, your subconscious eventually records the racing heart, tightness in the chest, the racing thought and other social anxiety symptoms that are also present when you begin to sense that a social situation is “dangerous”, and labels these physical reactions as part of the danger.

As a result, for many people the anxiety symptoms themselves have become a trigger for a stronger fight, flight, freeze response. And so the moment you notice the slightest social anxiety symptom, it triggers an even stronger fight, flight, freeze response and you get even more anxious.

What you want to do is misidentify yourself from the anxiety, release the danger in people noticing your social anxiety symptoms, release your negative emotions *about* having social anxiety, and release judgments of yourself for having it.

This gets you to a place of acceptance of your anxiety and of yourself while being socially anxious.

When you are in this state of full acceptance, you can see yourself separate from the challenge that you’re dealing with. You understand on an emotional level that you are OK even though you have this challenge with anxiety.

You know that you it’s not that you *are* not the challenge, but that you *have a* challenge.

You don’t freak out when you notice anxiety showing up, you are OK with the anxiety as you know it’s just the activation of the FFF response, a challenge you’re in the process of overcoming.

From this place, you most easily resolve your social anxiety. All change starts with acceptance. And the exercises in this section will help you get to that place.

**NOTE:** This acceptance work is something you want to return to whenever you notice a lack of acceptance of your social anxiety or your situation. Acceptance is a muscle you build by exercising it.

You will gain great acceptance as you move through these exercises. However, please note that is only the first step of the Social Confidence System and this step by itself does not resolve your social anxiety. It will give you great relief, but it won't resolve the anxiety. The other steps in the system are designed to do that.

So when you go out in the world, you will still get triggered with social anxiety.

If this happens, some of the negative emotions and judgments that you have released in this section might creep back up. Though likely less strongly.

When this happens, you want to come back to this section and do these acceptance exercises to get back to full acceptance. Every time you notice a lack of acceptance, you want to come back to this section.

Every time you reach acceptance, it's more likely to stick long term.

For example, you might get to a level of full acceptance. You get rid of all the negative emotions about having it, and your judgments about yourself for having it.

And then you go out in the world and you get triggered with anxiety, fear might come up that you will never overcome it, and perhaps frustration for dealing with it and missing out on life.

While you had cleared that already, using these exercises here, some of it has come back. This is normal. It's likely though, that it is a lot less intense than it was before you ever did these acceptance exercises.

You for example might have started out feeling fear of not overcoming it at 10 out of 10 and frustration for not being able to overcome it and missing out on life 10 out of 10 in emotional intensity.

After you then reached acceptance, and went out into the world where you got triggered again, the fear and frustration that got triggered was a lot less strong. Perhaps both 5 out of 10. You then simply come back to this section, get the fear and frustration to 0 out of 10, and then "go out in the world again".

When you then get triggered again, it likely will be even less intense than before. Perhaps only 3 out of 10 in fear and frustration. You then do the same thing: you come back to this section, you clear the emotions and gain full acceptance and then get back out into the world (and you of course work through the other steps in the SCS that help you clear your social anxiety itself).

## Acceptance Exercises

In the following exercises you will be guided to get yourself to a place where you fully accept that you have a challenge with anxiety, and where you accept yourself fully because you no longer judge yourself for having this challenge.

The intention of the exercises is to get you to a place where the following sentence feels true to you:

**“I accept that I am dealing with a challenge called social anxiety and I accept myself even though I have social anxiety”**

To get to this place, we start out by getting to an understanding that acceptance is good for you.

## **STEP #1. Making Acceptance Good**

Not accepting yourself is often believed to be a good thing, as beating yourself up internally might be more motivating to take action towards change.

This is not true.

Beating yourself up internally makes you lose confidence. Not accepting yourself causes shame.

People often think that self acceptance, acceptance of negative thoughts and behaviours, and acceptance of current life situations is in some way bad, negative, or limiting.

However, when we feel good about ourselves, and confident about moving forward, we take the most action. And when we feel ashamed and bad about ourselves, and insecure about taking action, we remain stuck, especially when trying to overcome social anxiety.

Acceptance empowers you. By not accepting yourself and your situation and your thoughts and behaviors, you are resisting what is. And as Carl Jung (the famous psychologist) and many other wise people say:

### **What you resist, persists.**

Initial non-acceptance of your situation is helpful. You notice what you don't want, and you feel some negative emotion as a result of it. This makes you aware of what you don't want.

But when the frustration and annoyance (and other negative emotions) about your situation perpetuate, it's no longer helping you by motivating you towards what you want (positive change), but it adds to the pre-existing problem.

Now you have your problem, *plus* annoyance and frustration about it. This frustration and annoyance locks the problem in place.

Once you know you want something else, it's time to get clear on what that is (i.e. a satisfying social life with warm friendships and lots of fun and enjoyment), focus on that, get acceptance of what your current situation is, and move forward towards your goal.

But people often refuse to accept themselves and their problem. Here are some reasons people come up with to not accept:

- If I accept my situation, I will not be motivated to change anymore
- If I accept myself, I will remain the way I am
- If I accept my problem, I will be stuck with it forever
- If I accept myself completely, I might give up improving myself
- If I accept myself I am not a good person
- If I accept those thoughts, I will act on them, or become that way

These reasons cause a fear of acceptance. And when you fear accepting yourself as a result of these irrational thoughts and beliefs that acceptance is somehow bad, you will sabotage your efforts to gain self acceptance.

This fear of accepting oneself needs to be addressed first. You first need to get to a place of "accepting of my anxiety and myself is good". Once you are there, you are ready to start fully accepting yourself and your situation (and gain tremendous relief and freedom, as well as empowerment to move forward towards your goal).

A. Answer the following question:

*Why is it bad to accept myself, my social anxiety, my situation, my behaviour and my thoughts?*

Your answers might be the different, or the same as the ones I have given you above.

Here are the examples again:

- If I accept my situation, I will not be motivated to change anymore
- If I accept myself, I will remain the way I am
- If I accept my problem, I will be stuck with it forever
- If I accept myself completely, I might give up improving myself
- If I accept myself I am not a good person
- If I accept those thoughts, I will act on them, or become that way

B. Rate the following statement on a 0-10 scale:

*I am afraid to accept myself, my social anxiety, my situation, my behaviour and my thoughts*

C. Start continual tapping while stating out loud the thoughts of why it's bad to accept yourself, as well as the fear of accepting yourself, your situation, behaviour and thoughts.

Example:

EB: I'm afraid to accept my situation  
SE: If I accept my situation, I will not be motivated to change anymore  
UE: I'm afraid to accept myself  
UN: If I accept myself, I will remain the way I am  
CH: I'm afraid to accept my social anxiety  
CB: If I accept my social anxiety, I will remain stuck forever  
UA: I'm afraid to accept myself completely  
LP: It's bad to accept myself completely, I'd be a bad person  
WR: I'm afraid to accept my thoughts  
TH: I'll act on them, or they will become true in my life

Etc.

The example of continual tapping described above is just one way of going about it. There is no perfect way to do it, nor can you do it wrong. As long as you are tapping while verbalising both the reasons for why accepting yourself, your thoughts, behaviour and situation is bad, along with your fear of accepting all of that, you're doing fine.

Keep tapping until you no longer fear accepting yourself and "accepting myself is good" feels true for you.

## **STEP: #2 Dis-identifying With The Anxiety**

When you've been anxious for a long time, perhaps for as long as you can remember, it's common to associate who you are with your anxiety. You experience social anxiety so often that you think you *are* your social anxiety.

Instead of "I'm a person with a challenge called social anxiety" you've identified yourself with the anxiety. It has become "I am a socially anxious person".

That needs to change so you can see yourself as separate from the problem.

You *have* a problem, it's not that you *are* the problem.

For this exercise, tap along with the video tap along:

### **"Subconscious Resistance And Dis-Identification With Anxiety"**

Tap along with this video tap-along once, do it twice if it feels good. If you want to do it more than two times that's OK, but I recommend once or twice and then moving forward (you can always come back to this later and do it again).

### **STEP: #3 Accepting Others Noticing Your Anxiety**

People may notice that you are are anxious. And when you are not OK with that, when other noticing your anxiety is a problem for you, them noticing gives you additional negative emotions on top of your anxiety.

When you notice that they are noticing your anxiety (or rather, when you *think* they are noticing it) and you want to run away and hide, it's making your anxiety worse. When it's unacceptable that others notice your anxiety, you're in more trouble. When you become OK with others noticing your anxiety, your anxiety is less of a problem to you, and you actually become calmer.

There are a few exercises to help you become more accepting of others noticing your anxiety. As you do these exercises, you may experience great relief and you'll start feeling more OK with the status quo. This will help you on your journey to freeing yourself of your anxiety.

Since the exercises require quite some instruction, I am referring you to a separate article called "Transparency And Acceptance". Go there now and follow along with the instructions in the article.

Once you have completed the exercises, return to this article [here](#).

## **STEP: #4 Neutralise Negative Emotions About Experiencing Social Anxiety**

As I mentioned before, you likely have negative emotions *about* the fact that you're dealing with social anxiety. It's common to be frustrated that you have it and can't seem to overcome it. You might be angry at yourself for having it. You might have fear that you never overcome it. You might experience shame or embarrassment because you think you shouldn't have it.

All these negative emotions about the fact that you're dealing with social anxiety are in the way of you accepting it. The non-acceptance locks it in place. It makes our already challenging situation much worse!

By first following along with the audio "**A Part Of Me Is Producing Anxiety I Am OK**" and then following along with the video "Releasing My Negative Emotions About My Social Anxiety" you will be able to release each negative emotion you have about your anxiety.

Start with the audio which lays the foundation, after it move to the video which helps you release one negative emotion about your social anxiety after the other. Every time you release one, you have a bit more relief, and you are one step closer to gaining acceptance.

**Note: This is one of the acceptance exercises you might have to return to again once you notice that you have negative emotions about your social anxiety. Each time you release a negative emotion, it's less likely to come back as strong the next time. In time, the negative emotions don't show up anymore. Persistence is key here to get to a place of acceptance.**

## **STEP #5: Neutralising Self-Judgement For Experiencing Social Anxiety**

What we will now be getting rid of is the judgments you have about yourself for having social anxiety. You want to let go of this judgment so you can accept yourself completely.

A. Answer 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 weak
- I am inferior
- 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 weak - 5 out of 10
- I am inferior - 4 out of 10

**STEP B.**

Take one belief statement at a time, and take it through the following tapping sequences:

### Tapping Sequence I:

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 want to accept myself anyway

Even though having social anxiety means that -fill in what having social anxiety means about you-  
I want to accept myself anyway

Even though having social anxiety means that -fill in what having social anxiety means about you-  
I want to accept myself without judgment

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 want to accept myself anyway

Even though having social anxiety means that -I am a loser- I want to accept myself anyway

Even though having social anxiety means that -I am a loser- I want to accept myself without judgment

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.

Note: If after tapping through “Tapping Sequence I” your judgement of yourself still feels true, go through “Tapping Sequence II”.

## Tapping Sequence II:

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 want to accept myself anyway

Even though I still believe that -fill in what having social anxiety means about you- I want to accept myself anyway

Even though I still believe that -fill in what having social anxiety means about you- I want to accept myself without judgment

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 want to accept myself anyway

Even though I still believe that -I am a loser- I want to accept myself anyway

Even though I still believe that -I am a loser- I want to accept myself without judgment

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

## **TROUBLESHOOTING**

A. If when you say the limiting negative belief out loud your number from 0-10 is lower, but still not at a 0 out of 10, tap through Tapping Sequence II again. Repeat this again when your number keeps going down.

B. If after 3 times the belief still isn't at a 0 out of 10...

... 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 experiences (Significant Emotional Experiences "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.

So if you believe "I'm a loser because of my social anxiety" then you might have experiences in your life that taught you that you are a loser. Clearing these earlier memories (the earliest and most intense ones are the most important to treat) with EFT will allow to be able to let go of the limiting/negative belief.

For now, don't search for and clear any experiences associated with the belief yet, simply get the belief as low in intensity as possible and move forward. You will learn how to eradicate the negative limiting belief as you go through the following steps of the Social Confidence System.

## Step #6: Neutralise Negative Emotions 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. You will get really specific about how social anxiety is limiting you, and then you will release your emotional responses to it and come to a place of acceptance of what is.

By doing this, just like in the earlier steps of this article, you're not getting rid of the social anxiety itself in these situations (though it likely has a powerful positive effect), but you release the emotions you have *about* having to deal with these situations and not being able to live your life to the fullest.

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

*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.

### Tapping Sequence:

Tap continuously on the karate chop and say out loud:

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

Now tap over all your tapping points saying:

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 neutralise 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 neutralise 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 after going over the tapping sequence once 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.

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

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 neutralised the emotional charge of all the items on your list so that you are at a place of calm acceptance of your current challenging situation.

## **TROUBLESHOOTING:**

If the emotional intensity is not coming down to a 0, 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 feel embarrassed 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 multiple earlier experiences in life where you blushed in front of other people and you felt embarrassed.

You will have to go back to these experiences and release the negative emotion there and as a result the embarrassment 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.

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

Tap continuously on the karate chop and say out loud:

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

Now tap over all your points:

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 neutralise 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.

## **TROUBLESHOOTING:**

If the emotional intensity is not coming down to a 0, 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 feel embarrassed 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 multiple earlier experiences in life where you blushed in front of other people and you felt embarrassed.

You will have to go back to these experiences and release the negative emotion there and as a result the embarrassment 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.