



Anxiety Transparency and Acceptance

In this section we're going to decrease the impact of other people noticing you to be socially anxious.

As I mentioned before, your social anxiety symptoms (the racing heart, sweating, mind blanking, lump in your throat, etc) have often become linked as "dangerous" themselves. So when you notice any of these symptoms, your mind fires off an even stronger fight, flight, freeze response.

We're going to tap on your reactions to your social anxiety symptoms, and by doing so reduce/eliminate your emotional response to these symptoms, and so work towards acceptance.

In a moment I'm going to ask you to visualise a certain social scenario in the here and now moment and I'm going to ask you to imagine being in that social scenario as if it were happening right now.

Once you are there, I will ask you to pay attention to your physiological anxiety symptoms (ex. heart racing, tightness in chest, etc.) and to determine what the strongest is that you are aware of.

Once you have determined the strongest physiological anxiety symptom, we will be addressing these by using EFT tapping on them.

I talk you through the visualisation via audio, but I first want you to know what to expect, so I explain it all first *italics*.

NOTE: Don't worry if you think you're not good at visualising, or even that you can't visualise. What you'll imagine can be pretty vague, doesn't matter. You **DO NOT** have to do this perfectly. Even if you just have a sense of what you visualise is enough, just make it as vivid as possible for you.

A. Tapping On Physiological Symptoms

This is the visualisation I will talk you through:

“I want you to imagine that you are being in a situation RIGHT NOW where there are more than 20 people gathering to talk, socialise, and have a good time together. Pretend you are there RIGHT NOW. So see the people around you having a good time. If you can, notice their facial expressions. Hear them talking, their laughter, the noise around you...”

Really make this as real for you as you can (close your eyes if that makes it more real for you); you are there in that room with all these people socialising right now... As you are in that social venue with all these people around you right now....”

I will then ask you some questions to tune into your anxiety:

“... How anxious do you feel? Describe out loud to yourself what you are you picturing...”

Now rate, on a scale of 0-10, 10 being the most anxious you have ever felt and 0 being completely calm and relaxed, how anxious do you feel right now?

Where do you feel the anxiety in your body?

Is it all over your body? Is it in multiple places, or is it centered somewhere? How are you aware of it?”

As I ask you those questions, I want you to determine for yourself what your strongest physiological anxiety symptom is.

Below is a list of common physiological symptoms. This is just to give you an idea of the triggers that might come up for you. Naming your specific social anxiety symptom perfectly is not necessary at all. This is a very forgiving technique.

As you listen to the audio just notice which social anxiety symptom is the strongest and focus on it as you are guided through the tapping. If you don't know, just “focus on the discomfort in your body” as you tap and you'll do fine. Again, no need to do this perfect.

- My chest feels tight
- My heart is beating faster/irregularly
- I have difficulty breathing normally
- My voice is shaky
- I'm sweating
- I feel hot
- My stomach is upset /I feel nausea
- My mouth is dry
- I tremble/shake
- The muscles of my face feel tense
- I'm blushing

- I have cold, clammy hands
- My thoughts are racing
- I feel anxiety all over my body
- Something else: -describe what physiological symptom you experience-

An example of you rating the symptoms would look like this:

- My chest feels tight 4 out of 10
- My heart is beating faster/irregularly 7 out of 10
- I have difficulty breathing normally 6 out of 10
- My voice is shaky 0 out of 10
- I'm sweating 0 out of 10
- I feel hot 0 out of 10
- My stomach is upset /I feel nausea 5 out of 10
- My mouth is dry 4 out of 10
- I tremble/shake 6 out of 10
- The muscles of my face feel tense 4 out of 10
- I'm blushing 1 out of 10
- I have cold, clammy hands 4 out of 10
- My thoughts are racing 3 out of 10

Since the strongest one is “my heart is beating faster” (which is with 7 out of 10) you will take that physiological symptom and focus on it as I lead you through the EFT tapping sequence.

Below is **Tapping Sequence #1**, the tapping sequence I will guide you through in the audio. Simply scan over it now so you know what to expect.

Tapping Sequence #1:

Even though –fill in the physiological symptom- and I feel very anxious right now, I love and accept myself anyway

Even though –fill in the physiological symptom- and I feel very anxious right now, I am reminding myself that this anxiety is just my subconscious mind thinking I'm in danger and firing of the fight or flight response to keep me safe, it is just a false alarm, and I accept myself and the way I feel anyway

Even though –fill in the physiological symptom-AS I AM IN THIS ROOM RIGHT NOW and I feel very anxious right now, that's OK,that's normal as it's just my body being in fight or flight mode, I know it's just a false alarm, and I'm letting my subconscious know I'm OK, and even though –fill in the physiological symptom- I love and accept myself and all my feelings anyway

EB –fill in the physiological symptom-

SEI feel really anxious right now

UE –fill in the physiological symptom-

UN I feel really unsafe being in this room now CH –fill in the physiological symptom-

CB I want to run away and hide

UA –fill in the physiological symptom-

LP all this anxiety in my body

WR –fill in the physiological symptom-

TH I am reminding myself this is a false alarm, and I want to feel a bit more calm and relaxed

EB remaining –fill in the physiological symptom-as I'm imagining being in this room SE maybe I'm not in real danger

UE a part of me feel like that though!

UN –fill in the physiological symptom-

CH I still feel quite anxious

CB –fill in the physiological symptom-

UA I want to feel more calm and relaxed now

LP I want to let go of this anxiety

WR –fill in the physiological symptom-as I imagine being in this social venue now TH maybe I can deal with everything better when I feel calm and relaxed

EB remaining –fill in the physiological symptom-

SE I want to overcome that

UE this anxiety is just a false alarm

UN I want to let my subconscious know that I can handle this situation best when I feel calm and comfortable

CH remaining –fill in the physiological symptom-

CB I want to feel calm and relaxed

UA remaining anxiety

LP I choose to transform that into a calm, relaxing energy

WR transforming the anxiety into a calm, relaxing energy (take a slow, deep, comfortable breath) TH I am most capable to handle myself when I feel calm so I choose to feel calm and relaxed now

Take a breath.

When for example your strongest physiological anxiety symptoms is “my heart is beating faster” you will be following my lead in the audio and while tapping you’ll be saying the following:

Even though –my heart is beating faster- and I feel very anxious right now, I love and accept myself anyway

Even though –my heart is beating faster- and I feel very anxious right now, I am reminding myself that this anxiety is just my subconscious mind thinking I’m in danger and firing of the fight or flight response to keep me safe, it is just a false alarm, and I accept myself and the way I feel anyway

Even though – my heart is beating faster- and I feel very anxious right now, that’s OK, that’s normal as it’s just my body being in fight or flight mode, and I know it’s just a false alarm, I’m letting my subconscious know I’m OK, and even though – my heart is beating faster - I love and accept myself and all my feelings anyway

EB – my heart is beating faster -

SE and I feel really anxious right now

UE – my heart is beating faster -

UN I feel really unsafe being in this room now

CH – my heart is beating faster -

CB I want to run away and hide

UA –my heart is beating faster-

LP all this anxiety in my body

WR – my heart is beating faster -

TH I am reminding myself this is a false alarm, and I want to feel a bit more calm and relaxed

EB remaining –my heart is beating faster-as I’m imagining being in this room SE maybe I’m not in real danger

UE a part of me feel like that though!

UN –my heart is beating faster-

CH I still feel quite anxious

CB –my heart is beating faster-

UA I want to feel more calm and relaxed now LP I want to let go of this anxiety

WR –my heart is beating faster-as I imagine being in this social venue now TH maybe I can deal with everything better when I feel calm and relaxed

EB remaining –my heart is beating faster-

SE I want to overcome that

UE this anxiety is just a false alarm

UN I want to let my subconscious know that I can handle this situation best when I feel calm and comfortable

CH remaining –my heart is beating faster-

CB I want to feel calm and relaxed

UA remaining anxiety

LP I choose to transform that into a calm, relaxing energy

WR transforming the anxiety into a calm, relaxing energy (take a slow, deep, comfortable breath) TH I am most capable to handle myself when I feel calm so I choose to feel calm and relaxed now

Take a breath.

NOTE: The words you say don’t matter as much. There’s no perfect way to tap. There are no magic words. The words are intended to keep you focused on the feeling/negative emotion/bodily sensation.

Now that you know what to expect, go to the audio tapping sequence named:
“Tapping Sequence #1 Physiological Symptoms”.

You could have the above written **Tapping Sequence #1** script in front of you as you listen to the audio so you know what to say when I am silent in the audio. However, after going over it once, it becomes very obvious that you just mention your strongest social anxiety symptom that you are aware of, and you focus on it as you tap.

—> ACTION STEP: Go listen to the audio “Tapping Sequence #1 Physiological Symptoms” now and have the written “Tapping Sequence #1” script in front of you.

If you are reading this, you should have followed along with the audio *“Tapping Sequence #1 Physiological Symptoms”*.

Check in with how you feel now as you imagine being in that room. Do you feel completely calm and relaxed(it’s likely you don’t feel calm and relaxed just yet...) or do you still feel anxious?

If you still feel a bit anxious, go over the physiological symptoms list again and determine your strongest physiological symptom that you experience now as you imagine being in that room as if you are in it right now, and then take it through the same tapping sequence again. Keep following along with the audio until your anxiety is minimal.

Keep going until you feel relatively calm and relaxed (your physiological symptoms being a 3 out of 10 or less, 0 is preferred if you can do it) and the tapping is not getting your symptoms any lower anymore. Then move on to the next step below.

NOTE: You can expect to tap along with the audio several times on different physiological anxiety symptoms.

Try to get your all your physiological anxiety symptoms to 0 out of 10 as you imagine being in that social situation in the here and now. This might not work for you completely, you might not get all social anxiety symptoms to a 0 out of 10. And that’s OK. But try to get each symptom as low as possible for you personally.

Here’s an example of how it might go for you...

You visualise being in the social situation as if it is happening right now and you are aware of tightness in the chest at a 9 out of 10 in intensity. You then follow along with the tapping for that specific physiological symptom.

After the tapping you notice less tightness in your chest. But now you notice tightness in your stomach being the strongest at 6 out of 10.

And focusing and tapping on the tightness in the stomach, you notice that your heart beating faster as the strongest symptom. It’s a 5 out of 10. So you follow along with the audio again. After this you notice your face muscles being tight as the strongest social anxiety symptom. 4 out of 10.

After tapping on this, you feel relatively calm. But you notice the tightness in the chest still being there a bit, 2 out of 10. You tap on this and it releases. When checking in, there is a slight tightness in your stomach left, 1 out of 10. After you tap on this, you feel totally calm imagining yourself in this social situation.

B. People Noticing Your Social Anxiety Symptoms

You now quite likely feel a lot calmer imagining being in this room than you felt before you tapped on your physiological anxiety symptoms. Let's take this a step further.

In the next visualisation you will imagine a room with all the people that ab-so-lutely cannot know that you have anxiety...

... and they are *all* noticing your anxiety.

As social anxiety for most people is their biggest secret (it sure was for me), tapping on your emotional responses to other people noticing your anxiety will give you a lot of relief. Once you release the emotional reactions, it won't be such a big deal for you any longer when people notice your anxiety symptoms.

In the audio I will guide you through the following visualisation:

"Imagine yourself being in that room, in the here and now moment. There are more than 20 people. There are people you don't know in this room, AND there are all the people there that absolutely cannot find out that you have social anxiety. Your friends, the one you have a crush on, people you don't like, etc.

EVERYONE!

They're all here in the room. Who absolutely cannot find out? Make sure that they are all here now in this room.

Now I want you to imagine that they can all see your social anxiety symptoms. All the symptoms you are afraid of they will see, all the things you wish no one could ever possibly know of, everything that you hide as a big secret; it's all being seen by them.

So if you are always afraid that they will see that you are feeling insecure, that your heart is racing, your face muscles tightening, your face becoming red, your voice being different, you being in super serious mode, shaking and anxious, now that's exactly what they are all seeing. I want you to imagine the worst case scenario; them all seeing everything you have been trying to hide so desperately.

Now as you are there in that room, see what you see, hear what you hear and feel what you feel. How anxious do you feel? Describe out loud to yourself what you are you picturing...

Now rate, on a scale of 0-10, 10 being the most anxious you have ever felt and 0 being completely calm and relaxed, how anxious do you feel right now?

Where do you feel the anxiety in your body?

Is it all over your body? Is it in multiple places, or is it centered somewhere? How are you aware of it?"

Then I will ask you:

"What feels threatening about this situation?" "What are you picturing that triggers your anxiety response?" "What is so scary about this situation?"

Examples might be:

- Everyone now knows about my anxiety

- I'm blushing
- I'm shaking
- They're telling me I'm blushing/look anxious
- Everyone can see my insecurity
- They look at me with disapproval
- They're laughing at me
- They see my vulnerability
- They're mocking me
- They see me being less than perfect
- They're gossiping about me
- They're judging me negatively
- I'm being exposed
- I cannot hide anymore
- Etc.

You then determine what it is that is threatening and/or the thing you are picturing in your mind that triggers your anxiety most strongly.

Once you have determined what triggers your anxiety most strongly as you are imagining the scenario you go through the tapping sequence.

Below is written out what you are guided through in the audio. You can use the written script as well of course, just make sure you take the time to visualise the scenario, make it as real as you can, and try to feel as uncomfortable as you can before you start the tapping.

Tapping Sequence #2:

Even though –describe what you’re picturing that triggers your anxiety- and I feel so –fill in what emotion you feel- and –fill in the physiological symptom you experience- I want to love and accept myself anyway

Even though –describe what you’re picturing that triggers your anxiety- and I feel so –fill in what emotion you feel- and –fill in the physiological symptom you experience-, this is a total disaster, and I want to run away and hide, I feel so –fill in what emotion you feel- I want to love and accept myself anyway

Even though they’re all noticing my anxiety–describe what you’re picturing that triggers your anxiety- and I feel so –fill in what emotion you feel- and –fill in the physiological symptom you experience-, I want to reassure myself that I’m more than my anxiety, I’m not my anxiety, there’s more to me than my anxiety, I am the person behind the anxiety, I just have this challenge with anxiety, it doesn’t define me as a person, I am really OK, I want to accept my anxiety, I want to accept this situation and calm down, and I want to love and accept myself unconditionally

*EB –describe what you’re picturing that triggers your anxiety-
SE I feel so –fill in what emotion you feel-
UE –fill in the physiological symptom you experience-
UN –describe what you’re picturing that triggers your anxiety-
CH this is my worst nightmare
CB I want to run away and hide
UA I feel so –fill in what emotion you feel-
LP –describe what you’re picturing that triggers your anxiety-
WR –fill in the physiological symptom you experience-
TH I feel so –fill in what emotion you feel-*

*EB –describe what you’re picturing that triggers your anxiety-
SE and I feel so –fill in what emotion you feel-
UE –describe what you’re picturing that triggers your anxiety-
UN and I never thought I would be able to handle this
CH Even though I feel –fill in what emotion you feel- I am handling this somehow
CB –describe what you’re picturing that triggers your anxiety-
UA And I want to feel a bit calmer now
LP –fill in the physiological symptom you experience-
WR I want to relax and feel a bit more calm now
TH –describe what you’re picturing that triggers your anxiety- and I am starting to feel a bit more calm now*

*EB –describe what you’re picturing that triggers your anxiety-
SE and I want to let go of this anxiety
UE –fill in the physiological symptom you experience-
UN I want to let my subconscious know that I am safe here, I can handle this best without anxiety CH I want to feel calm and relaxed
CB –describe what you’re picturing that triggers your anxiety-
UA and I still feel a bit –fill in what emotion you feel-
LP I want to neutralise these emotions and accept myself, I am not my anxiety
WR I want to calm down now
TH even though –describe what you’re picturing that triggers your anxiety- I accept myself and I choose to feel calm and relaxed*

*EB this remaining anxiety response
SE I am letting my body know I can best cope with this situation when I feel calm and relaxed
UE I choose to feel calm and relaxed
UN–describe what you’re picturing that triggers your anxiety-
CH and I choose to feel calm and relaxed*

CB this remaining anxiety
UA I choose to let it go
LP I choose to transform this energy of anxiety into a calm, relaxed energy
WR transforming this remaining anxiety into calm, relaxed energy
TH –describe what you're picturing that triggers your anxiety- and I love and accept myself anyway and I choose to feel calm and relaxed

Take a breath.

So as an example:

Even though they're all noticing my anxiety, –everyone now knows about my anxiety- and I feel so –ashamed- and –my heart is racing- I want to love and accept myself anyway

Even though –everyone now knows about my anxiety - and I feel so –ashamed- and –my heart is racing-, this is a total disaster, and I want to run away and hide, I feel so –ashamed- I want to love and accept myself anyway

Even though – everyone now knows about my anxiety - and I feel so –ashamed- and –my heart is racing-, I want to reassure myself that I'm more than my anxiety, I'm not my anxiety, there's more to me than my anxiety, I am the person behind the anxiety, I just have this challenge with anxiety, it doesn't define me as a person, I am really OK, I want to accept my anxiety, I want to accept this situation and calm down, and I want to love and accept myself unconditionally

EB – everyone now knows about my anxiety -
SE I feel so –ashamed-
UE –my heart is racing-
UN – everyone now knows about my anxiety -
CH this is my worst nightmare
CB I want to run away and hide
UA I feel so –ashamed-
LP –everyone now knows about my anxiety -
WR –my heart is racing-
TH I feel so –ashamed-

EB – everyone now knows about my anxiety -
SE and I feel so –ashamed-
UE – everyone now knows about my anxiety -
UN and I never thought I would be able to handle this
CH Even though I feel –ashamed- I am handling this somehow
CB – everyone now knows about my anxiety -
UA And I want to feel a bit calmer now
LP –my heart is racing-
WR I want to relax and feel a bit more calm now
TH – everyone now knows about my anxiety - and I am starting to feel a bit more calm now

EB – everyone now knows about my anxiety -
SE and I want to let go of this anxiety
UE –my heart is racing-
UN I want to let my subconscious know that I am safe here, I can handle this best without anxiety
CH I want to feel calm and relaxed
CB – everyone now knows about my anxiety -
UA and I still feel a bit –ashamed-
LP I want to neutralise these emotions and accept myself, I am not my anxiety
WR I want to calm down now

TH even though – everyone now knows about my anxiety - I accept myself and I choose to feel calm and relaxed

EB this remaining anxiety response

SE I am letting my body know I can best cope with this situation when I feel calm and relaxed

UE I choose to feel calm and relaxed

UN– everyone now knows about my anxiety -

CH and I choose to feel calm and relaxed

CB this remaining anxiety

UA I choose to let it go

LP I choose to transform this energy of anxiety into a calm, relaxed energy

WR transforming this remaining anxiety into calm, relaxed energy

TH – everyone now knows about my anxiety - and I love and accept myself anyway and I choose to feel calm and relaxed

Take a breath.

—>ACTION STEP: Go listen to the audio “Tapping Sequence #2 Physiological Symptoms” now and have the written “Tapping Sequence #1” script in front of you.

Keep going through the audio and keep tapping until being in that room with all the people noticing your anxiety no longer triggers anxiety in you, or you cannot get the anxiety to increase any further.

I Am Afraid Of Feeling Fear In A Social Situation

After all this acceptance work, you have released most of your emotional reactions to other people noticing your anxiety. However, there is likely still a fear that hasn't been addressed specifically yet which could have been lurking in the background.

And that is the fear of feeling fear in a social situation. This fear of the fear has been a trigger for anxiety being there and is for a part released by doing all the acceptance work. However, the fear might still be there.

Use the below tapping sequence, or listen to the audio **"Fear Of Feeling Fear In A Social Situation"** while having the below tapping script in front of you to get rid of this fear altogether.

Tapping Sequence: Fear Of Feeling Fear In A Social Situation

Even though I'm afraid of feeling fear in a social situation, because it really sucks, I'm really afraid of feeling fearful and anxious when I'm around others, I accept myself as I am, and I choose to accept this fear that I'm currently experiencing

Even though a part of me is anxious about feeling fear in a social situation, I'm so afraid of feeling intense fear again, it happened so many times before and it really makes me want to escape the situation, I really rather not be around people if I'm going to feel that fear again, I'm willing to consider that the fear is something I learned, and I want to release some of that fear now

Even though I'm afraid of feeling fear in a social situation, I felt it before and it sucked, so naturally I became afraid of feeling that fear again, I want to let go of that fear now, I want to release the fear of becoming fearful in a social situation. If I become fearful in a social situation I'll deal with it, I'll remind myself that it's just a false alarm, a false alarm that I'm fine tuning so it won't go off in situations again that are not dangerous, and I choose to trust that I will handle the situation when it is there. I take comfort in knowing that even though feeling fear sucks, I felt it before and I'm still alive! I love and appreciate myself for my courage and I choose to release my fear of feeling fear in social situations

EB I'm afraid of feeling fear in social situations

SE I'm really afraid of feeling that fear

UE I can feel the fear now in my body (focus on where you feel it in your body)

UN It can be so intense sometimes that it takes me over and I can hardly communicate CH I'm really afraid of that fear

CB I'm afraid of feeling fear in social situations

UA I've developed a fear of becoming afraid

LP and even though feeling afraid in social situations sucks

WR suffering from a fear of that fear makes my life even more challenging

TH I want to release the fear of the fear and trust that I'll live through it if I get triggered

EB this fear of feeling fear and anxiety around others

SE I can feel this fear in my –say OUT LOUD where you notice the fear in your body-

UE it's almost as bad now as when I feel it in a social situation

UN this fear of the fear

CHI want to release that fear

CB being afraid and anxious in social situations is bad enough

UA I want to trust that I can deal with it when it comes up

LP Yes it will suck, but I can live through it

WR when it happens I will remind myself it's just a false alarm that I'm fine tuning so it won't get triggered any longer when there's no real danger

TH I want to release this fear of feeling fear in social situations

EB this remaining fear of becoming afraid around others

SE I'm letting my subconscious know that I appreciate it's trying to keep me safe

UE I'm letting it know that I am working on fine tuning the alarm

UN I'm reassuring myself that I can deal with feeling fear in a social situation

CH I've dealt with it before, if it is there I can do it again

CB I want to strengthen myself and trust that I can deal with it

UA I'm letting my subconscious know that a fear of feeling afraid only makes things worse LP I want to feel more calm and confident about going into social situations

WR I want to accept it if fear comes up

TH and I'm reassuring myself with the knowledge I'm working on fine tuning the alarm

EB this remaining fear of the fear

SE I choose to let it go now

UE I choose to replace it with a calm acceptance of whatever happens in a social situation

UN I choose to trust that I can deal with it
CH I allow myself to let go of this fear of becoming afraid in a social situation
CBA fear of becoming afraid only makes things more challenging
UA so I choose to feel calm and accepting
LP I choose to trust I will handle it, comforting myself with the knowledge that I'm working on it WR and reminding myself it's just a false alarm.
TH I choose to accept it if I become fearful, and I choose to feel relaxed now

EB any remaining fear of becoming afraid around others
SE I choose to accept it if I become fearful, and I choose to feel and relaxed now
UE remaining fear of becoming afraid around others
UN I choose to accept it if I become fearful, and I choose to feel and relaxed now
CH remaining fear of becoming afraid around others
CB I choose to accept it if I become fearful, and I choose to feel and relaxed now
UA remaining fear of becoming afraid around others
LP I choose to accept it if I become fearful, and I choose to feel and relaxed now
WR any remaining fear of becoming afraid around others
TH I choose to accept it if I become fearful, and I choose to feel and relaxed now