

Neutralising Your I.S.E.E.

I.S.E.E. stands for Initial Significant Emotional Event. And by I.S.E.E I am referring to about the negative life experience that kick-started your social anxiety, or worsened your pre-existing anxiety.

There is usually an experience like this, though certainly not always. If there is an ISEE we want to neutralise this experience using tapping because doing so could eliminate the root cause of your social anxiety.

If you have an ISEE and you completely neutralise it, it's like you're pulling the splinter out of your finger that's been hurting so much. The wound can now heal because the root cause (the splinter) of the problem (pain) has been eliminated.

This doesn't mean that neutralising it will resolve your social anxiety, it does mean that neutralising the I.S.E.E. (when there is one) will allow you to resolve it.

The exercises in this section will help you uncover your ISEE and teach you how to neutralise this negative life experience properly. By learning how to do this, you will have the knowledge to resolve any negative life experience (S.E.E. - Significant Emotional Experience) that you uncover as you move through the Social Confidence System.

NOTE: If after doing the exercises in this section you end up not being sure about what the ISEE is for you, when you're not sure if the ISEE you uncover is indeed the event that kickstarted your social anxiety, don't worry. Simply neutralise what you uncovered and move forward in the Social Confidence System.

Your subconscious mind brings to mind for you the S.E.E. that needs resolution. If it turns out not to be the ISEE, you will find this out naturally as you move through the rest of the steps of the Social Confidence System, and the later exercises will automatically guide you to finding and clearing your ISEE (if there is one).

The Exercises

1. To have a thorough understanding of S.E.E.'s and their importance, start by reading the article "**S.E.E. Must Know Info**".

2. Download the PDF "**Finding Your Initial Significant Emotional Event**" and follow the advice in the article.

3. Once you have found your I.S.E.E. name it in the way described before (the time when...).

NOTE: If you're not sure what your ISEE is, go with any event that came to mind as you went through the exercise to uncover your ISEE.

4. Now that you have found your I.S.E.E. (or any S.E.E. that came up) neutralise it as instructed.

Instruction reminder:

1. When it was *a single S.E.E.* that has started your social anxiety, scroll down to "**Clearing A Significant Emotional Event (S.E.E.)**" on the page where you've downloaded this PDF.

2. When it was *a series of related S.E.E.'s*, scroll down to "**Bundling Baggage Bundles**" on the page where you've downloaded this PDF.

Follow along with the instructions to neutralise your ISEE.

5. As you have released all the negative emotion from your I.S.E.E., download the article "**Attempting To Change Your Negative Limiting Belief**".

Read the article and write down the belief learned from your I.S.E.E. and follow the steps in the article and *attempt* to clear your uncovered negative limiting belief.

6. Download the PDF “**List Of Positive Memories**” on the page where you’ve downloaded this PDF and create a list of 7 positive memories.

Once you have created your list of positive memories, use one of the “**Change Into Positive Memory**” audios to make the I.S.E.E. you cleared into a positive memory.

NOTE: Changing a neutralised memory (neutral because you have *already released all the negative emotion from it*) should be an easy exercise.

And the shift might be very gentle.

Don't be disappointed when you don't experience a massive change or shift. In most cases it's a very gentle change. Sometimes it's barely noticeable. But still, it's a good exercise to do and can bring you great benefit.

What you are looking for is a sense that the memory is now slightly positive. You don't have to feel the happiest sensations you have ever felt in your life, just a general sense that the memory is now positive.

And, take note that sometimes it's not appropriate to make the memory into something positive. You have to decide for yourself whether you choose to do this, or not. It's not necessary, and when you have thoroughly neutralised the memory your work is actually done already.