

www.social-anxiety-solutions.com



#1. What is Social Anxiety?

People often spend their whole life trying to beat their social anxiety with little or no success. I dealt with the same challenge for a long time. No matter how hard I tried, nothing worked. Very frustrating and it made me feel hopeless. I thought I was the toughest case in the world...

I've realised after having resolved my own social anxiety, studying and working with the top therapists and experts in the world, and coaching solely social phobics since 2009, that:

Social anxiety is NOT the real problem!

Social anxiety is merely the solution of your mind to a deeper underlying problem. Let me explain...

Ever find yourself in a social situation and all of a sudden it starts...

Your heart races a hundred miles per hour, your mind blanks out and you feel a knot in your stomach or chest. And the more you fight it, the worse it gets.

You start doom-thinking, and you fear all these worst case scenarios that might happen:

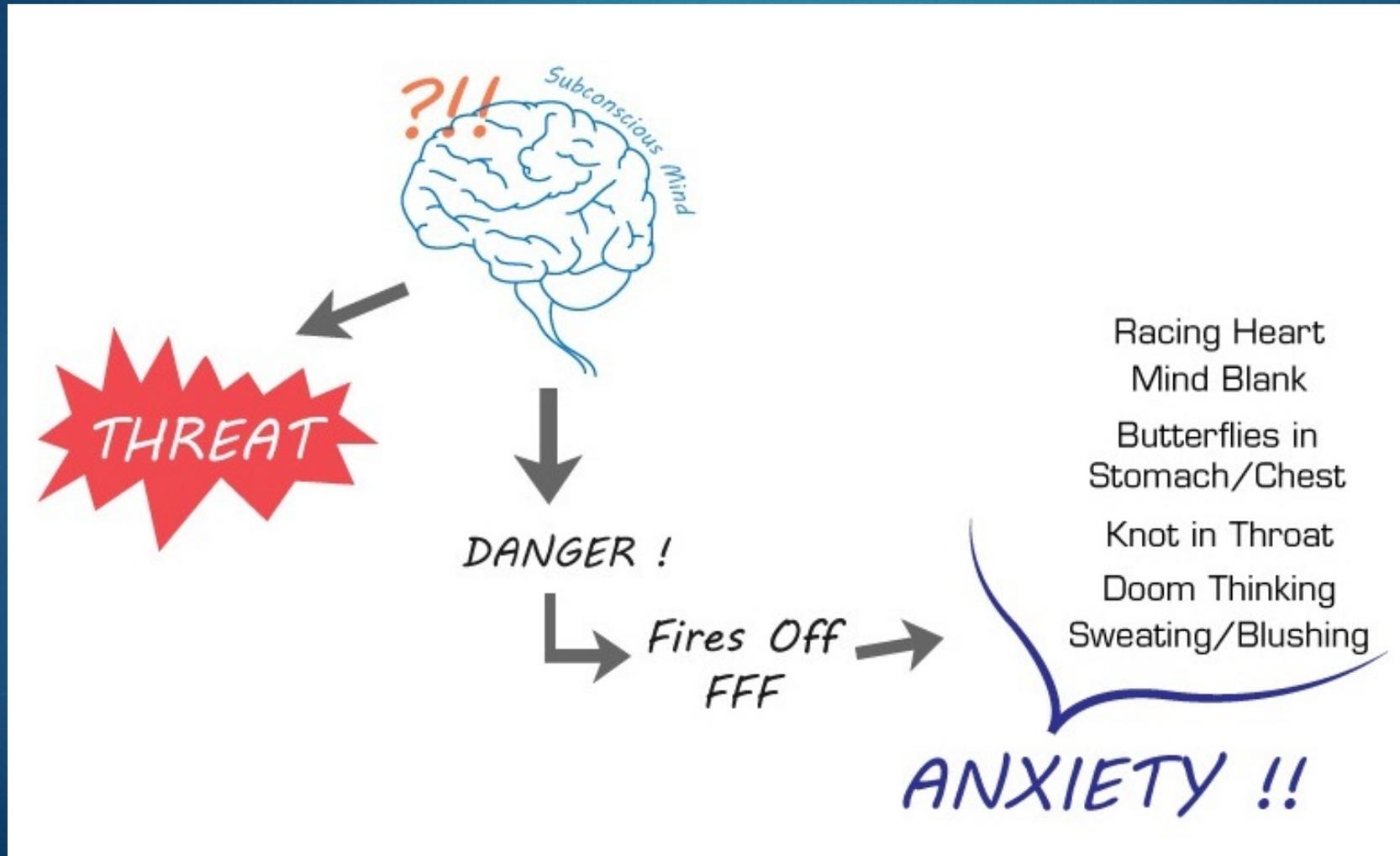
“They probably think I’m a loser. If they pay attention to me, I just know they can see my anxiety. I have to remain cool. What if I embarrass myself? What if they start criticising me? What if they humiliate me?”

You see the situation through the filter of possible danger.

You’re hyper-alert to the things you fear might happen, like being disapproved of, made fun of, look foolish, etc.

All of these social anxiety symptoms are the result of the...

Fight Flight Freeze-response! (FFF)



This **Fight, Flight, Freeze-response (FFF)** is our built-in survival response that gets activated when our mind perceives danger.

Once it gets activated, adrenaline gets pumped through your veins, blood rushes away from your head and your digestive system into your outer limbs, and your throat tightens up.

It puts our whole system in survival mode.

The activation of this response enables you to fight, run or hide from the danger your mind perceives.

The social anxiety symptoms you experience: a racing heart, mind blanking, a lump in your throat, tightness in the chest, the panic, the sweaty hands, etc...

... are the result of this FFF response having been activated.

So while anxiety *seems to be the problem* you're trying to overcome, it's actually NOT the real problem.

The real problem is that your subconscious mind *perceives* you to be unsafe in social situations...



And because it perceives danger it automatically responds to that danger by firing off the FFF-response (which causes you to experience anxiety symptoms)

So since anxiety is merely the result of our mind firing off its built-in response to (perceived) danger, only focusing your efforts on “beating your social anxiety” won’t work.

It’s like trying to hose water out of a sinking boat. It keeps you afloat, but eventually you will tire out from all the effort and give up.

The way to go is to fix the leak which stops the water from coming in, after which you can then hose out the remaining water!

To overcome your social anxiety you have to deal with what triggers the activation of the FFF-response. You need to fix the leak in your boat: you need to make sure that your FFF response no longer gets triggered.

In order to become anxiety-free, you need your subconscious mind to perceive that you are **SAFE** in social situations.

When your mind believes you are **safe** there no longer is a FFF-response that gets activated. As a result, you no longer experience the anxiety symptoms when you are in a social setting.

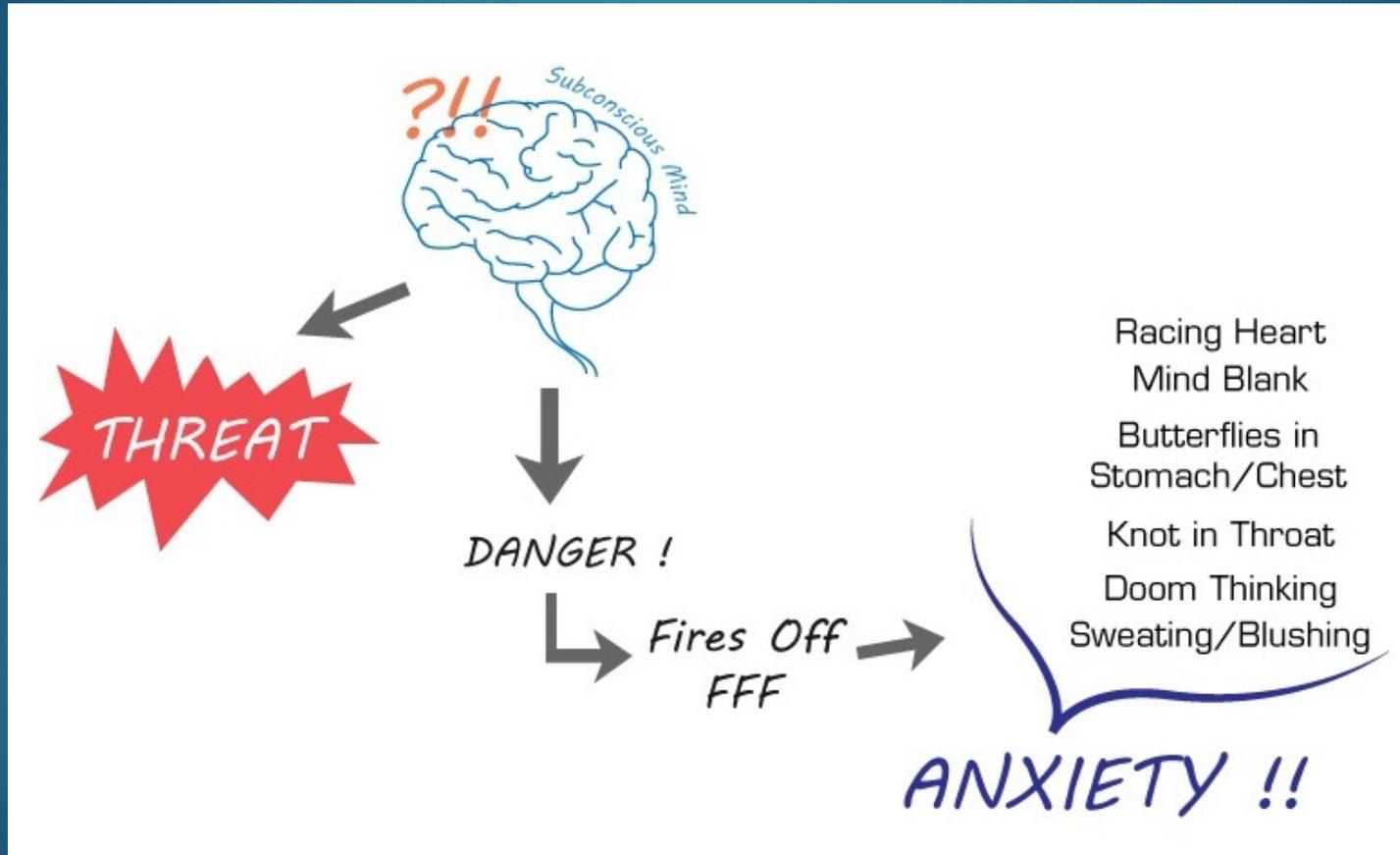


Why does your subconscious mind perceive danger?

Due to **negative limiting beliefs** you have your subconscious mind currently perceives (certain) social situations as *dangerous*.



Because of these beliefs your subconscious perceives danger and fires off its automated, built-in response to that *perceived* danger; the **fight, flight, freeze response (FFF)** -which results in us experiencing what we call “anxiety”-



In order to change that perception of danger, you need to neutralise/change the negative limiting beliefs that are causing your subconscious mind to perceive danger in social situations.



Once you have successfully neutralised/changed the negative limiting beliefs, your subconscious mind perceives you to be safe in social situations, and then the Fight, Flight, Freeze response won't be activated, and you no longer experience anxiety.

