

10. I'm afraid to lose my identity

This is yet another big resistance that I run into a lot when coaching clients. It's one of the most common ones and can be an intense fear for people.

The fear of losing your identity, of who you think you are, often starts to creep up when you start to make big changes.

The fact is that your identity is totally malleable. It's made up out of things your subconscious mind recorded, things you saw in other people, things you started to deem as more important than other things, and so on.

People I work with often on some level believe that they *are* their social anxiety. Rather than seeing the truth that they are a normal person with an anxiety problem, they believe they're a "socially anxious person".

They've got a lot invested in that identity. And they don't know who they would be without the anxiety.

While the reality is that you'll just be you without the anxiety.

You'll be who you would have been if you had grown up without all the traumas. You'll be that person, with the added benefit of keeping the positive lessons and insights you have gotten throughout life.

You'll be calm and confident. Nothing more nothing less.

You'll feel better. You'll feel stronger.

You'll feel more relaxed and confident.

And you'll feel free expressing who you really are.

You'll like the same food. Your favorite sports team will still be the same. You will still like the same books and TV shows.

Some things may change over time. But your identity won't change much, unless you choose to change certain things about it.

So you won't lose your identity, you will let go of the anxiety.

And you will feel good about who you are.

That's what happens ☺

But as long as you deal with the fear of losing your identity, you have a strong resistance holding you back. So get rid of the fear with some tapping: Easy!

The following thought sequence may be helpful for you. I start out where you may be currently at with your thinking, and I help guide your thoughts to a more realistic, positive statement regarding change:

I'm afraid to lose my identity

Who will I be?

I don't know who I'll be

I'm so used to the anxiety

It feels like the anxiety is part of me

It's all I can remember

I'm used to it

But what if the anxiety is not who I am?

What if the real me is the person *behind* the anxiety?

I'm afraid I'll lose my identity

But maybe the real me is there hiding behind the anxiety right now

And maybe I don't always feel safe to express my identity fully

Maybe I'm only expressing the parts I feel safe to express right now

Or that I know others find acceptable

Maybe the anxiety is preventing me from expressing myself fully

Because I learned that being myself wasn't OK, acceptable, or good enough

Maybe I won't lose my identity, maybe I'll feel safe expressing my identity fully once I release my anxiety

It's a bit of a scary thought

But I don't have to do it right now

It will happen once I'm ready for it

Once safe step at a time

I'll only start expressing my identity fully once I feel safe doing so

I can take comfort in knowing that I don't have to do it right now

I thought I was my anxiety

But now I know better

I am hiding behind my anxiety

The real me is eager to come out

And once it's safe that will happen

I'll just be me without anxiety

As I release my anxiety I feel safe being me

I won't lose my identity when I let go of my anxiety

Rather, I'll feel safe expressing my identity fully

Without my anxiety I'll feel safe expressing all of myself