

12. I don't know how to act as a non-anxious person

The fear and/or discomfort associated with this can be dealt with. When we're anxious for a long time, we tend to think that not being anxious is somehow a skill.

That being socially confident is something that's hard. Or because it's foreign, you may assume it'll
feel foreign.

While in reality, it's simply being who you are without your anxiety. The anxiety is preventing you from feeling your natural confidence.

Without the fears and negative limiting beliefs, you'll simply be confident. And it will feel natural.

And you'll enjoy it ☺

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 don't know how to act as a non-anxious person

I have no idea how that would be

I have little to no experience with being that way

I have no idea how I would act

It's foreign to me

I'm familiar with being anxious

I don't know how I would act when I'm confident

What if it will be really hard?

And what if it won't?

What if it feels natural?

But I'm afraid it'll be really tough

Socializing is really hard now

I don't know how to act when I'm socially confident
But maybe I won't have to act

Maybe that's the beauty of social confidence

I won't have to put on an act anymore

It will just happen all by itself

Even though I may not be able to imagine that right now

That's OK

I'm open to the possibility that it can be easy

And that I'll ease into it

And that it will be a gentle transition for me

And that it will feel start to feel natural to me quickly

While I may not believe it just yet, I have good hopes about it being effortless

I won't have to act, I can just be

I'll be free of fears, worries and concerns

I'll accept all of me

And because of the confidence, socializing will be effortless

Non-anxious simply means confident

I want to trust that confidence will start feeling natural to me

I choose to trust that confidence will feel natural to me

Confidence is a natural state of being

I choose to trust that I'll know how to BE naturally