

### 13. My SAD is the only way I can get love and attention

Some people I've worked with have a life where people know about their anxiety, and these people feel sorry for them. Or at least that's what my clients believe. They get treated in a "special" way. They may get more attention. Or more pity. Or they're treated with extra caution.

This special way is what they don't want to let go of, because they believe that without the anxiety they no longer get this special treatment.

So they think that this special treatment is what's at stake.

What they don't understand, is that without the anxiety, they will get *sincere* love and attention, as opposed to the pity and sympathy.

As you clear up past traumas and negative repetitive experiences, you will start to love yourself more and more. And as a result, this will become less and less of an issue.

Because once you love yourself from the inside, you no longer need to get it from the outside that desperately.

When you love yourself, you realize you are special, unique, and one of a kind. And as you feel that way, people will start to treat you that way.

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:

Without my social anxiety I can't get love and attention

I feel I'm not worthy of it

Now I get some sympathy and attention

I worry I may lose that

I can't risk losing that

I'm worried I'll lose the special treatment

It feels good when people treat me with caution

It may not be as good as real love and appreciation, but it seems like it's the best I can get

Maybe I at some point can get real love and appreciation

On occasion I sometimes feel worthy of it, even if it's just for the slightest moment

I like to feel that way more of the time

It's possible that I'll be loved more when I love myself more

I want to consider the possibility that I can get there

Maybe it's all about loving myself

Maybe when I love myself they will love me

I'm not quite there yet and that's OK

I'm willing to consider that once I love myself they will love me too

I then won't need their sympathy anymore

The more I love myself the more I'm loved by others

It's all an inside job

I can start these exercises and step-by-step start loving and accepting all of me

I'll then get their sincere love and attention

That's what I want

I rather have real love and appreciation than sympathy and pity

All it takes is loving and accepting myself

**I want to love myself so I can get sincere love and appreciation**