

#### 14. My social anxiety makes me superior over others

This is an interesting one. Thoughts such as “because I’m anxious, I think about things more, I care more about others, I’m more sensitive” may feed this illusion that one would be superior over a non-anxious person.

It comes from an insecurity of self.

Of believing you’re not good enough.

And since comparing yourself to others is painful, the mind comes up with these little tricks to make you feel better.

When I believe that I’m more X thanks to my social anxiety, I feel better.

As you do the work in the SCS you will start to realize that you’re good enough being who you are.

And you can’t lose any of the things you think you have thanks to your social anxiety.

You’re not more intelligent thanks to your social anxiety. Nor are you more sensitive. When you are intelligent and sensitive, those are core qualities you have. They are not there *thanks to* your anxiety.

Once you are free of your anxiety, you don’t all of a sudden turn stupid and harsh.

That’s an irrational fear. What will happen, is that you’ll be able to enjoy and make use of your intelligence and sensitivity when you are free of your anxiety.

I’m a highly sensitive person. I never thought I was because I had built such tremendous walls around myself because I got hurt so often.

Now that I’ve done my inner healing work, I LOVE that I am this sensitive. It becomes a huge asset once you do the inner work.

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:

My social anxiety makes me superior over others

It’s makes me more sensitive, caring, compassionate

I think more and therefore I am better

When I let go of my anxiety I’ll lose my superiority

I won’t be able to relate to people deeply anymore

I’ll become superficial

I’ll become fake

Or not...

It's possible that this is just an illusion

Maybe there's nothing I will lose

And maybe I'm neither superior nor inferior

Maybe we're all equal with different innate talents and abilities

Maybe there's only things to gain as I release the burden of social anxiety

Possibly, I'll be able to more fully express my innate talents

Because I'll have the confidence to do so

I love knowing I won't lose anything

And maybe I won't feel a need to be superior anymore

Deep down I know superiority is not true confidence

I want true confidence

Which I'll get naturally as I start healing those old wounds

I rather be truly confident than pretend to be superior

True confidence isn't fragile as it comes from the inside

I want true confidence instead of the illusion that I'm superior

That illusion keeps me lonely

I want true confidence so I can feel safe connecting again

And I love knowing I'll be fully able to express all of my innate talents

I choose true confidence over this perceived superiority

**This superiority is an illusion, I choose to create true confidence for myself**