

## 15. Overcoming social anxiety is the only thing that gives meaning to my life

This is another deeper issue that could be keeping you stuck.

If all you are busy with is overcoming your social anxiety, then you might see that as the only thing that gives meaning to your life.

And therefore once you overcome your social anxiety, life will be meaningless.

Ouch!

That's a scary place to be, a meaningless life. So when you believe that, you will experience resistance to moving forward (because the thing you're moving towards to is then PAINFUL).

But it's yet another illusion.

Life can have many meanings. It's the meaning that you give it. And what if overcoming your social anxiety is the thing that gives your life meaning *right now*? What if when you overcome it you find a new meaning?

What if this social anxiety journey is only part of the overall meaning of your life that you can't see from where you're at now?

Personally, I made overcoming my social anxiety my main goal in life for a while. But then once I overcame most of it myself, I got a lot of meaning out of helping others on a smaller scale (1 on 1 coaching). That meaning then changed to me wanting to help more people. Out of that was the SCS born.

Now I want to help more people by speaking publically about social anxiety, EFT, and energy psychology.

And the new meaning I very recently have is around building likeminded social communities.

Things evolve as you change. And it never stops. Which is great news! Social anxiety is just one stage. Go to the next stage and you'll find new meaning. And for now, tap on your fears around life having no meaning, and get rid of that illusion!

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:

Overcoming my social anxiety is the only thing that gives meaning to my life

There's nothing else that can possibly add meaning to my life

It's all just meaningless

As long as I'm working to overcome this, at least I have some meaning in life

I don't like the meaning all too much

But it's the best that I can think of

I'm pretty sure it'll be meaningless once I overcome this

But I'm willing to consider the possibility that there's more to it

I'm open to the possibility that I may actually enjoy mundane things I have trouble enjoying at the moment

I might even find meaning in connecting with people

Or helping other people with my unique skills and talents (even though I may think I don't have them)

And maybe, there will be some new meaning that I'll uncover as I move forward

Maybe I'll enjoy things then that I now see as meaningless

I'd like to have more meaning in my life than just overcoming this challenge

And I bet there will be better stuff out there

I want to trust that a new meaning in life will find me

**I choose to trust that I'll be pleasantly surprised as I move forward**