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2. What are beliefs?

A belief is nothing more than a thought or idea that *feels* true.

A belief is basically just an idea attached to strong feelings - an idea to which you have become emotionally attached due to conditioning and experiences.

Here are some examples of negative limiting beliefs:

- I'm not good enough
- It's too hard for me to overcome my social anxiety
- People are boring
- If someone disagrees with me it means they don't like me
- If I make a mistake I'll be punished
- Women don't like sensitive men
- Men only want sex
- The world is a dangerous place

Here are some examples of positive, supportive beliefs:

- I'm equal to anyone else
- I will overcome my social anxiety
- People are interesting
- If someone disagrees with me it only means they don't agree with me
- If I make a mistake I'll be fine
- Some women especially love sensitive men
- Some men only want sex, other men first want to build a connection
- The world is a friendly place

Your beliefs determine the way you *perceive* the world (and social situations!).

The way you experience life is determined by your PERCEPTION.
And that perception changes as you change your beliefs!

With different beliefs you interpret the world differently, you experience it differently, and you end up *feeling* differently as well.

How much different you would feel if you believed that you're equal to anyone else in the world, and that you're worthy, loveable and deserving?

How different would you feel when you are around other people?

What it would be like if you were convinced that people are nice, respectful, friendly, and want to be your friend...

And the following might be a stretch for you, but what would it be like if you totally loved, respected, trusted and accepted yourself, and you expected others to love, respect, trust and accept you too?

What would it be like if you expect a warm welcome, and got it every time you went out to meet new people?

When you change your beliefs from negative to positive the way you perceive life will be changed. As a result, you will create an improved life experience.

In order to understand how you will change your beliefs, it's important to know why you have and believe negative limiting beliefs, and how you will go about changing them.

Why do we believe our negative limiting beliefs?

The reason you believe the things you believe is because you have evidence (emotional attachment) to prove them.

This evidence (evidence in the form of experiences or programming) makes it hard to simply change a belief by choosing to believe something more empowering.

For example, choosing to believe that “people are nice and friendly” is very difficult when you have a lot of evidence that “people are mean and out to get you”.

When you believe that people are mean and out to get you, you must have had experiences in life (evidence) where you learned this to be true.

When you therefore affirm to yourself the positive belief “people are nice and friendly” your brain goes “uhh, I don’t think so, remember when Johnny pulled down your pants and laughed at you? And remember when those girls picked on you?”

This evidence to support our negative limiting beliefs needs to be eliminated in order to effectively let go of the belief. We use EFT tapping to do this (more on EFT tapping soon).

Are we born with our beliefs? Born with social anxiety?

You are not born believing people are mean and out to get you, right? You're not born believing you have to be perfect to be accepted. You're not born believing you're "not good enough". You're born as a clueless baby that has no idea of the world.

In other words...

You learned that you're not safe in social situations.

Or, more specifically:

You learned these negative limiting beliefs which now cause your subconscious mind to perceive danger in social situations (and react by firing off the FFF-response)

So since you learned the beliefs responsible for your social anxiety, it means that **you're not born with a full-blown social anxiety disorder.**

I mention this, because there seems to be a myth out there that you can “inherit” a social anxiety gene. And then you're doomed to forever be socially anxious. Not true, in my experience. While you may have had an anxious parent, or maybe even both your parents were anxious, it's rather their negative limiting beliefs you “inherited”.

And these “inherited” beliefs you can change following the steps in the Social Confidence System.

It is true that you can have a higher sensitivity to social scrutiny. And, this is not a bad thing at all. To the contrary, you can program your brain to have that be an asset, and be anxiety-free with that sensitivity.

I'm a highly sensitive person, and enjoy being anxiety-free, connecting deeply with others. Changing my beliefs has set me free.