

Your Beliefs About Others' Thoughts

We're often convinced that other people judge us for all sorts of things. We somehow think we know what it is that other people are thinking of us. But do we really?

Research from the book "social phobia" states:

"A social phobic's "evidence" for their negative beliefs comes from their own impression of how they appear to others rather than observation from others' responses."

This means that what you think that they think of you, is based upon how *you think* you come across, rather than what they actually think of you.

It's more often that we are judging ourselves harshly, and due to this self-judgment we expect others are doing the same.

By getting rid of the emotional responses you have to what you think that they think of you, you start to become OK with whatever they think of you. And this acceptance makes you feel safe to be yourself.

The below exercises are focused on getting rid of the emotional response you have to what other people think of you. Or rather, what you *believe* they think of you.

It will help you to stop caring so much about what other people think of you.

Exercise:

1. Answer the following questions and write the answers down.

- What do other people think of you?
- What do you know for sure that they think of you?
- What does that one person or group of people think of you?
- What are you afraid that they think of you?
- What is the worst thing you fear they think of you?

Example answers:

- Other people think I'm weak
- Strangers think I'm weird
- Everyone thinks I'm ugly
- People think I'm a dork
- People think I'm a screw up
- People think I'm uncool
- They know that I only fake being confident
- John's group thinks I'm boring
- Linda thinks I'm a nerd
- Women think I'm insecure
- Men think I'm a loser
- My family feels sorry for me

2. Rate all the beliefs -the answers you can up with we all treat as beliefs- from 0-10 on how true they feel to you when you say them out loud (0 being not true at all, 10 being the absolute truth).

Example:

Other people think I'm weak 6 out of 10

Strangers think I'm weird 6 out of 10

Everyone thinks I'm ugly 6 out of 10

People think I'm a dork 7 out of 10

People think I'm a screw up 4 out of 10

People think I'm uncool 6 out of 10

They know that I only fake being confident 7 out of 10

John's group thinks I'm boring 9 out of 10

Linda thinks I'm a nerd 10 out of 10

Women think I'm insecure 8 out of 10

Men think I'm a loser 6 out of 10

My family feels sorry for me 5 out of 10

3. Now take one of the strongest beliefs and start continual tapping while you phrase the sentence out loud at each tapping point.

The intention of the tapping here is not to completely stop believing any bad thing they might think of you (or what you perceive they might think of you...), the intention is to feel calm and accepting about whatever it is that they might think of you.

You are aiming for 0 out of 10 of course, but sometimes you know a belief factually to be true. If that's the case, your number maybe won't drop to a 0. However, you will likely start to feel different about it, you gain acceptance.

Once you have taken a belief through the above tapping sequence, say the belief out loud again and rate once more to see how true it feels from 0-10. If you cannot get the belief to a 0 out of 10 yet (which is very much possible), use the troubleshooting below.

TROUBLESHOOTING:

When a belief doesn't go down to a 0 of 10 (either in how you feel about it or in how true it feels):

A.

There is most likely resistance to letting go of that belief. This resistance can in most cases be neutralised by simply verbalising it.

Below are some of the most common resistances. Simply state the resistance phrases out loud, one after the other, while tapping over the tapping points.

Resistance clearing phrases:

I don't believe I can let go of this belief
I don't deserve to let go of this belief
It's not safe for me to let go of this belief
I'll be a different person if I let go of this belief
It's too hard for me, I can't really let go of this belief
I can never let go of this belief
This belief is part of me
I haven't got what it takes to let go of this belief
I can't let go of this belief completely
If I let go of this belief I'll lose my excuse
I refuse to let go of this belief

Example:

EB: I don't believe I can let go of this belief
SE: I don't deserve to let go of this belief
UE: It's not safe for me to let go of this belief
UN: I'll be a different person if I let go of this belief
CH: It's too hard for me, I can't really let go of this belief
CB: I can never let go of this belief
UA: This belief is part of me
LP: I haven't got what it takes to let go of this belief
WR: I can't let go of this belief completely
TH: If I let go of this belief I'll lose my excuse
EB: I refuse to let go of this belief

After having mentioned all of the resistance phrases once, focus back on the belief and continue to tap until you are at a 0.

If you get stuck again, and the intensity of your belief is no longer reducing any further, go over the resistance phrases again. After you have done so, return to the belief and tap on it until it's gone. If that doesn't work, move on to step B below.

B.

If the belief is not neutralising completely after the resistance tapping there is a reason for that. And that reason most probably is that your mind has evidence to support this belief:

There is a single, or perhaps several SEE's that are the table legs holding up the table top of the belief.

In other words, some key S.E.E. has likely not been neutralised yet. In order to neutralise that SEE, uncover it by asking yourself

“Where did I learn this belief?”

“How do I know this belief is true?”

Or: “If I had to convince a judge that this negative limiting belief is true, what experiences (S.E.E.'s) would I share with the judge to convince him?”

Your mind will then likely come up with a S.E.E. that you can then neutralise.

Once you have uncovered and cleared the S.E.E., you have eliminated some or all of the evidence your mind had to believe the negative limiting belief. Once you have done so, start tapping on the belief again by continual tapping while stating the belief at each tapping point.

If you get stuck at a certain point, and the belief's intensity isn't dropping any lower, go back to the resistance clearing phrases to clear the resistance and then return to tap on the belief.

If that doesn't work there is likely yet another S.E.E. to neutralise before the belief will collapse.