

20. Socially confident people are arrogant

If you don't like socially confident people because they are arrogant... And you're working to become socially confident...

Then that means you're working to become something you DO NOT LIKE! And that's of course not something that is safe and beneficial for you. And so there is resistance.

You want to change your thoughts about this. Fact is that there are indeed some people that feel socially safe who act arrogant. That is true.

But it's not true that being socially safe makes one arrogant.

Not at all.

When you feel socially safe, you will simply be your true self.

Plus, people that are arrogant are overcompensating for a lower self-esteem (something you will take care of by moving through the steps in the system)

Even though *some* arrogant people feel safe socially, that doesn't mean they're truly happy and confident.

What's most important to realize, is that you can be "socially confident" in the way YOU choose to be.

I know plenty of socially confident people that are introverts. And I know humble extroverts. It's all up to you. You will be who you really are.

And like I said, if you are dealing with arrogance now, some of that will be cleared up by doing the exercises in the SCS ☺

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:

Socially confident people are arrogant

I see it time and time again

But maybe I'm judging them and they're not truly arrogant

Maybe I just perceive them to be that way

Or not...

I'm sure not every single socially at ease person in the world is arrogant though

There do exist people that are confident socially that are nice and humble

Maybe, possibly, a lot more than I have noticed up until now

I know how I don't want to be

I know how I do want to be

I can choose how I want to be

This is within my control

I never lose control over who I decide to be

These tools and techniques I'm learning do the opposite

They give me more control over who I choose to be

I choose to be socially confident in a (humble) way

I choose to just be myself

No big deal, just feeling good about myself, and safe

I choose to be socially confident in the way I choose to be