

22. I have to do the things I said I would do there will be more pressure

This resistance is in a way similar to the one around losing your excuse. Likely, you have all these things that you want to do once you are free of anxiety. Maybe you want to travel, find a new job, start dating, start a new hobby or pick up an old one, start a new school and so on.

And when you think about that you'll think there will be so much more pressure. And you believe -on some level- that you can't handle it. You believe that it will be a lot of pressure to deal with.

Keep in mind that this is because you're looking at these things through the lens of social anxiety. Once you're no longer anxious, you'll LOVE doing those things!

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:

When I'm anxiety-free I'll have to do all these things that I said I would do and there will be so much more pressure!

I don't think I can handle that

It exhausts me even thinking about it

I can't deal with all that pressure

I can hardly all my present-day pressures!

But maybe I'm forgetting something

These things seem like pressure to me now

Because I'm looking at them from where I'm currently at

I'm looking at them from an anxious point of view

When I am anxiety-free I won't have that problem anymore

When I'm anxiety-free I'll love doing those things

If I had to do those things now it would be a ton of pressure

But that's because of the anxiety

Without anxiety I'll love doing those things

Even though I can't fully grasp that just yet

I'm open to the possibility that once I'm anxiety-free it will be fun and easy

When I'm anxiety-free there will be a lot LESS pressure

I feel so much pressure now because of my anxiety

I can't wait to shed it and release the pressure

I love knowing that when I'm anxiety-free there will be a lot LESS pressure