

23. I'm afraid they will judge me negatively when I am socially confident

When you believe that people will judge you negatively when you are socially confident, you are right. But when you believe that people judge you negatively when you are socially anxious, you are right too.

It's just what happens. Some people judge you negatively, some people won't.

I personally think that people judge me a lot less negatively now that I'm socially at ease. But the most important shift I have made -which you will make as well as you go through the system- is that I'm OK with however they judge me.

They have permission to judge me any which way they want. It is outside my control. It's their business what they do in their mind. It's my business what I do in my mind. And what I think of myself is 1000 times more important than what others think of me. I'm unaffected by the good or bad opinion of others.

That's a powerful place to come from. That means absolute freedom. And with persistence, you can get yourself there too.

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:

I'm afraid they will judge me negatively when I am socially confident

What if they judge me more than they already do now

I can't really know that

I can't predict the future

While I'm convinced I can read other people's minds, I'm willing to consider it's not 100% accurate

And I surely can't know with certainty how people will respond to me once I'm confident socially

And maybe I don't have to know

I'm afraid they will judge me

But what if they judge me regardless?

Whether I'm anxious or confident, people judge

Now I really fear people's judgment

It's a big part of my social anxiety

Good thing is that this fear of judgment will be gone once I'm socially confident

Yes they might judge me

They probably will

But I will be OK with it

I'll be indifferent to it

I won't respond to it any longer in the way I do now

Now it means a lot to me when others don't like or disapprove of me

When I'm confident I'll be able to calmly deal with it

Negative judgment will be accepted

It will hardly show up on my radar

I'll be able to see it for what it is: their problem and not mine

I can't wait to have that freedom

I can't wait to be free of the fear of judgment