

## 24. I don't deserve to get over my SAD

This is a resistance for which you will likely only get permanent total results once you have done some of the deeper inner work. Particularly around shame, guilt, and other self-worth work.

Which you all do as you move through the steps of the system.

It is usually tied to the idea that you have to punish yourself for the bad things you have done and you don't deserve to be free of this pain. It's an idea of "this is my punishment for being bad".

Or sometimes, it can be something like "social confidence is such a superior state of being, I'm not worthy of that".

Which is totally irrational. Because confidence is not this big hyped up thing. It's liking, loving and accepting yourself. Something we all do at the core of our being. But the experiences that happened to us in life and the beliefs and fears formed from them cause us to not have access to that love and acceptance.

The SCS will help you release and let that go.

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 don't deserve to get over my social anxiety

I've done all these horrible things

I'm a totally imperfect person

I can't believe how imperfect I am!

I've done such bad things

I really regret those things I've did

And I should be punished for that

I deserve to be punished for it

I don't deserve to feel good after what I've done

I'm such a bad person

I should be punished for life

There's no hope for me ever being happy

Cause I don't deserve that confidence

I did all these horrible things

And I can't believe I'll ever feel deserving of social confidence

But maybe what I did doesn't define me

I wasn't very happy when I did those things

If I were totally happy, confident and joyful at those moments I wouldn't have done what I did or said what I did

I probably wouldn't have been in those situations in the first place

Maybe I'm not my behavior

Maybe there's more to me than just the actions I have taken in the past

Maybe the past doesn't equal the future

I can change and behave as a better person

Being happy and confident likely makes me behave better

Those harmful actions came out of pain

I want to feel better about myself so I can be better to others

The more I love myself the more I'm able to love others

Maybe all people deserve to be confident

I am a person...

Maybe I can start feeling deserving of confidence

So I can start feeling happy

And maybe find clever ways to make amends for the bad behavior of the past

**I want to start feeling deserving of confidence so I can be the best version of me**