

3. I'm afraid I'll become overwhelmed

If you think that the journey to becoming socially confident will be really hard and that it will become too much for you, that you won't be able to deal with it, if you think you'll become overwhelmed with how much "work" it is that you think you have to do, then there is likely resistance to getting started.

And you may throw in the towel at some point with the excuses "it's too hard for me, this might work for others but not for me, I can't do it" and so on.

Truth is that it will work when you keep putting in the effort, when you learn more when you get stuck (by using the troubleshooting!), and you persist.

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:

It seems like a lot of work

I'm not sure I can keep up with it

What if I become overwhelmed?

It seems like it's too much for me to handle

Luckily the information stays where it's at

I can only become overwhelmed if I try to do more than I can handle

I don't have to do it all at once

The system is divided into steps

I can choose to just do my 30 a day and then stop

I can pick up where I left off the next day

I can handle 30min a day

I can break each process down into smaller easily manageable chunks

When I work on one small chunk at a time I won't get overwhelmed

I can do this

I choose to tackle on small chunk at a time