

The Initial Significant Emotional Event

The ISEE is the experience that kicked off your social anxiety. There is not always an ISEE, but when there is one, it's from this experience forward that you started feeling anxious *in social settings*.

The anxiety you felt after this experience was your subconscious mind warning you away from re-experiencing something as traumatic as this ISEE.

The ISEE is likely not the first time you felt socially anxious, but rather it's an event that came before you started being socially anxious.

It's likely to be an experience where you felt embarrassed, humiliated, ashamed, afraid, rejected, disapproved of, an outsider, out of place, unaccepted, different, etc.

It might be a moment where how you were perceived by yourself and/or others changed. You might have lost your social status here. You might feel that your identity, the way you perceive yourself and/or the way others perceive you changed.

Your ISEE could have been a life-changing moment for the worse.

And your subconscious has since that experience been protecting you from experiencing such a painful event again. It has done so by firing off the fight, flight or freeze response (ringing an alarm bell!) when you were in situations it perceived something similar to what happened during your ISEE may happen again:

"Careful, this situation is just like that ISEE, you might experience all those negative emotions you felt back then again!"

In situations your subconscious mind *perceives* (the subconscious mind generalises to make sense of the 40 billion bits of information it processes each second) to be "risky", where you may experience what happened during the ISEE, it fires off the FFF.

Eliminating the ISEE is like removing a splinter from your finger that is responsible for the pain you feel. If it's there, it needs to get out in order to heal your finger.

Once you neutralise your ISEE, you get rid of the splinter and the wound can heal.

Since you've walked around with the splinter for some while you'll still need to do some more work than just neutralising your ISEE, but by uncovering and dealing with the ISEE you've removed one important obstacle in the way of being socially confident.

Your subconscious mind will no longer need to protect you from experiencing the ISEE again, because you will have changed the ISEE to a positive memory, which results in a shift in the negative limiting belief that is holding the social anxiety dungeon together.

There is more work to do since you've had social anxiety for a long time, and have experienced more S.E.E.'s (more building blocks, or "wounds"), but the splinter will be out of your finger and an important step forward has been made.

NOTE: If after doing the exercises in this article you end up not being sure about what the ISEE is for you, when you're not sure if the ISEE you uncover is indeed the event that kickstarted your social anxiety, don't worry. Simply neutralise what you uncovered and move forward in the Social Confidence System.

Your subconscious mind brings to mind for you the S.E.E. that needs resolution. If it turns out not to be the ISEE, you will find this out naturally as you move through the rest of the steps of the Social Confidence System, and the later exercises will automatically guide you to finding and clearing your ISEE (if there is one).

Understanding The Different Types Of I.S.E.E.'s

It is likely that after a single SEE (Significant Emotional Experience – negative life experience) you started feeling anxious in certain social situations.

It however is also possible that there has been a series of smaller, repetitive negative experiences that have started your social anxiety.

The I.S.E.E. can either be...

1. A *Single Significant Emotional Event*

Examples:

- *You one day embarrassing yourself immensely by doing something "stupid" and everyone laughing at you*
- *You peeing your pants and the boys and girls laughing at you*
- *You getting harshly punished by the teacher for not doing your homework*

Or...

2. A series of related Significant Emotional Events

Example:

- *You getting bullied or teased over a longer period of time*
- *You going to a new school and not fitting in*
- *You being put down by a certain person or group of people for a long time*

For each of the possible I.S.E.E.'s above there are different ways of treating it:

1. *When it was a single S.E.E. that has started your social anxiety, you use the "Clearing A S.E.E." video and article and then you can make it positive by using one of the "Change Into Positive Memory" audios.*

2. *When it was a series of related S.E.E.'s you use the "Bundling Baggage Bundles" to bundle it all together and then neutralise it (no changing anything to positive here).*

Now that you know this, read the information below in order to uncover your I.S.E.E.

Finding Your I.S.E.E

When working with a client, in the first few sessions I will ask him/her when their social anxiety started, and what was going on around the time it started.

After they think about it for a while, and start talking about what was going on in their life around the time it started, they sometimes find a single traumatic experience that started the social anxiety trouble.

If they don't find a single traumatic experience, it's often a "bad period" in their life when the social anxiety started. Or, the social anxiety started shortly after the "bad period".

During this bad period a bunch of repetitive, similar negative experiences kicked off their social anxiety. Examples can be diverse, but let me share a few examples:

Going to a new school, going to a different city or country, moving schools, embarrassing yourself in some way (reading out loud in front of the class and messing up, for example), meeting a new person that you felt really uncomfortable around (walking on eggshells), getting bullied, being threatened, being beat up, noticing being different or not fitting in, being ridiculed by your teacher, being shunned by "friends", peeing your pants, being teased for having glasses, braces, red hair, freckles, a small penis, uneven breasts, a big nose, big ears, or a thousand other possible scenarios.

Your situation is unique, and the single traumatic experience or "bad period" that started your social anxiety of course does not have to be any of the above mentioned.

There are also clients who tell me they have been anxious for their whole life. For them, the anxiety usually started in early childhood. Neutralising the repetitive negative experiences from early childhood is what helps these people. And this is quite common. For these clients though, there usually still is an I.S.E.E. where their anxiety turned into social anxiety, or where their pre-existing anxiety got a lot worse.

The Exercises

1. If you already know what your I.S.E.E. is, skip the exercises to find your ISEE and neutralise your ISEE:.

Instructions:

1. When it was *a single S.E.E.* that has started your social anxiety, scroll down to “**Clearing A Significant Emotional Event (S.E.E.)**” on the page where you’ve downloaded this PDF.

Follow along with the instructions to neutralise your ISEE.

2. When it was *a series of related S.E.E.’s*, scroll down to “**Bundling Baggage Bundles**” on the page where you’ve downloaded this PDF.

Follow along with the instructions to neutralise your ISEE.

2. If you don't know what your ISEE is yet, I want to share with you the process I go through with my clients when we start figuring out when their social anxiety started.

Below are the questions I ask my clients initially. Go over them and see if you can uncover the I.S.E.E. that kick started your social anxiety.

- When did your social anxiety start? What was going on in your life around the time you developed your social anxiety? What was happening in the 6 months prior to it? Any things that stand out that were really difficult or traumatic for you? Any events you wish never happened?
- Was there a person who really made life difficult for you? What did he/she say or do, and when and where did that happen? Or was it something repetitive?
- If you had your life to live over, what person or event would you just as soon skip?

After you have asked yourself the above questions, you either have found your I.S.E.E. or you haven't.

A. If you have found your ISEE, neutralise it following the instructions below:

Instructions:

1. When it was *a single S.E.E.* that has started your social anxiety, scroll down to “**Clearing A Significant Emotional Event (S.E.E.)**” on the page where you've downloaded this PDF.

Follow along with the instructions to neutralise your ISEE.

2. When it was *a series of related S.E.E.'s*, scroll down to “**Bundling Baggage Bundles**” on the page where you've downloaded this PDF.

Follow along with the instructions to neutralise your ISEE.

B. When you didn't find it, go to the audio called "**Finding your I.S.E.E. Audio**" and follow along there.

During the audio I simply ask you some questions which might lead to your I.S.E.E. This is the same process I guide my clients through when the ISEE isn't that obvious.

After you have found your ISEE, use the instructions below to neutralise it.

NOTE: Listening to the audio and following the instructions to uncover your I.S.E.E. doesn't necessarily bring you to it all the time, but often it does.

When it doesn't directly bring you to it, it might give you a S.E.E. that is in some way related to the I.S.E.E. And as you do later exercises in the SCS, you will automatically be guided to uncovering and clearing your ISEE.

Instructions:

1. When it was *a single S.E.E.* that has started your social anxiety, scroll down to "**Clearing A Significant Emotional Event (S.E.E.)**" on the page where you've downloaded this PDF.

Follow along with the instructions to neutralise your ISEE.

2. When it was *a series of related S.E.E.'s*, scroll down to "**Bundling Baggage Bundles**" on the page where you've downloaded this PDF.

Follow along with the instructions to neutralise your ISEE.