

30. I'm afraid I still won't be liked

When you're dealing with this fear I'm sure you've encountered many situations and people that didn't like you. Therefore this exercise is one that will be a lot easier to go through once you've been doing the deeper healing work you do by going through the actual steps of the SCS as there you will heal all that old pain.

Fact is that the outside world is a reflection of how you feel about yourself. If you have had a lot of experiences where people don't like you they're merely reflecting how you feel about yourself on a deep level.

In other words, while this might sound offensive to you, and you might very well disregard it as true... You must not like and love yourself all that much. And that's because of stuff that has happened to you. Most often that comes from the early relationship with mom and dad or sibling/s.

This you will change once you go through the SCS. And once you truly like yourself, other people start reflecting that back to you.

Once you like yourself fully, people will like you too. Automatically.

But until then...

... 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 I still won't be liked

They already don't like me now

What if they won't like the real me?

Now I kinda hope they don't like me *because* I'm anxious and uncomfortable

And that they'll like me once I'm anxiety-free

But what if I change and I'm confident and I'm still not liked?

What I change and they won't like the non-anxious me either?

I'm afraid I still won't be liked

But maybe they will

It would be nice if they would like me
But I don't really believe it's possible

Well I do believe it's possible

But I'm still a little scared they still won't like me

Maybe I haven't truly on all levels liked myself yet

And people have just reflected that back to me

Maybe once I like myself people will start liking me too

I want to start liking myself on all levels

Luckily the SCS helps me with that once simple step at a time

It's possible they will like me

I'm willing to believe they will like me

I choose to expect them to like me once I like myself