

4. I'm afraid I'm not persistent and strong enough

If you've tried to overcome your anxiety in the past but you didn't persist with the program or approach you tried (quite possibly because the approach wasn't giving you results, or wasn't the right approach for you) ...

...if you're afraid you're not strong enough, or not persistent enough to permanently release your social anxiety, then there likely is resistance to getting started.

You might worry that you give up again.

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 not sure I have what it takes

It seems like an impossible task

I don't think I'm strong enough to go through it all

I worry I may give up

I've given up before on things

Maybe that was because I wasn't seeing results

Maybe because I wasn't seeing *enough* results

Or maybe I was seeing some results, and it scared me

I had my reasons for giving up

I was dealing with resistance

And I had no idea that I was dealing with it

Nor did I have a clue on how to overcome it

That's different now

I know what resistance is

I know why it's there

I know how to overcome it

I didn't persist because I didn't believe it would make a difference

Now I know that persisting will make a difference

I didn't have a roadmap back then

I do now

All I do is follow the steps

One step at a time

Each step brings me closer to my goal

The steps are not hard

I can do it

I can take small steps at a time

And every step I take I grow stronger

The more steps I take the easier it gets

And I know where to go this time

I know I'll persist this time because I have a roadmap and each step taken strengthens me and brings me closer to my goal