



Bundling Baggage Childhood & Self Esteem

The repetitive negative experiences during childhood either already made us anxious, or they caused us to have a lower self-esteem. And this is what made us more vulnerable to developing social anxiety later on.

When we are born we don't know anything of the world yet. And so as we are growing up (first 12 years of our lives) we are very suggestible. We are basically like sponges, soaking up our environment, downloading information and beliefs from the people closest to us.

So these years really are formative to our level of self-esteem and safety. Therefore, the repetitive negative experiences (which can be "subtle" negative experiences that were repetitive, such as mom or dad not showing much interest in you) that you endure here make a big impact on you.

With the "Childhood Baggage" article and video you will use a powerful technique to bundle all your repetitive negative experiences from your childhood together and release all the negative emotions and the bad feelings from that whole period, as well as the roots of the limiting/negative beliefs learned.

What you will be doing and why will be explained in detail in the article "Childhood Baggage".

ACTION STEPS:

#1. If you believe you have “inherited your social anxiety” from your parents, first listen and tap along with the audio “**Inherit Anxiety**” before you start with the article “**Childhood Baggage**”.

#2. Download the article “Childhood Baggage” and follow along with the instructions.