



## **Non-Scary Exposures (N.S.E.'s)**

Thanks to previous inner work done in the system, you are now at a point where a significant amount of the key SEE's that make up the walls (negative limiting beliefs) of your social anxiety dungeon have been eliminated.

However, your FFF response likely still gets triggered. And when you are honest with yourself, you probably avoid some situations that you expect to get anxious in.

If you get invited to parties and you actually want to go, but you're afraid of going because you think it might be uncomfortable, then this is a situation you want to address. By using Non-Scary-Exposures, you can become comfortable in this situation and your life quality will improve.

Doing 'Non-Scary-Exposures (NSE's) will help you break your patterns of avoidance and gives you a strategy to systematically master these situations that still trigger your FFF.

By doing this your comfort zone broadens and your confidence grows. Until eventually, with persistence and lots of tapping, being at ease socially becomes normal to you.

## What Are NSE's And Why Are They Awesome?

N.S.E.'s are "exposures" that are *not scary*.

You don't forcefully face your fears. You don't push yourself hardcore. You do your inner work first (you get rid of the perception that the situation is "scary" and you build positive expectations) and then you go into the (new) situation feeling as safe and comfortable as possible.

Going about it in this way has the highest likelihood of you gathering some positive feedback, which then reinforces the understanding that you are safe.

You start building a social confidence mindset by giving your brain the new, positive experiences in social situations so that your brain no longer automatically labels avoided situations as dangerous, or unsafe.

There is relief in taking this action as you are doing something positive to help yourself. It feels great to get out there and do the thing you thought you feared and to then notice that you have no fear or anxiety, or only mild discomfort.

Or, in some cases you might get triggered big time, which then gives you an opportunity for massive growth.

By doing these NSE's you also build a store of successful experiences that you can refer to for inspiration and reassurance. As you start having these your comfort zone expands, you build confidence, and being socially comfortable, confident and at ease in social situation will -with persistence and tapping- eventually start to feel normal.

**NOTE #2:** As you do your NSE you might find that some things still triggers you. This is great news, because each trigger you find is another one you can bring to your next EFT session in order to move past it.

Each trigger you "tap out" bring you one step closer to effortless social confidence.

## How To Do A “Non-Scary Exposure” (NSE) ?

We tap away all or most of all the fears, beliefs, worries and concerns, and then once we can visualise the situation calmly, we face the situation with positive expectations.

*Example:*

You’re invited to a meeting for work and you have all sorts of doom scenarios in your mind about what might happen.

You might be thinking: “What if I am in the spotlight?”, “What if I have to speak and I freeze up?”, “What if they laugh at me?” “I always make a fool out of myself”, etc.

Because of all these worries and anticipatory fears you feel bad in the here and now moment, while you don’t even know if they *will* happen.

You are feeling very negative and you are wasting your energy on the things you cannot control. But you can’t get it out of your mind!

What if?...

By following along with the NSE exercises in this article you can rid yourself of all your anticipatory fears about a certain event. After this you can comfortably expose yourself to the situation, broaden your comfort zone, and raise your confidence level.

You get rid of the negative emotions and limiting negative beliefs around the situation you worry about. And by doing so...

... you no longer have something you fear about the upcoming experience.

Once you feel safe thinking about it, the FFF likely won’t get activated when you go there. Or, at the very least, you will get triggered a whole lot less.

If you can clearly visualise a future scenario that you used to dread and you don’t feel any negative emotion about going through it, you probably won’t feel anxious when the moment is there either.

## Exercises

1a. Pick a situation/event you avoid and/or have anticipatory anxiety about.

For example:

- Entering a room where people are already seated
- Going to a birthday party
- Picking up groceries
- Meeting someone of the opposite sex
- Going to a bar/club
- Giving a speech
- Attending a meeting
- Going to the cinema
- Riding your bike
- Etc.

**NOTE:** For great leverage with this exercise, come up with the 5 or 10 situations you find yourself experiencing social anxiety in regularly. Think about school or work, the gym, the supermarket, the canteen etc. Make a list of the 5-10 situations you find yourself to be the most socially anxious in and then pick the number 1 event that gives you the most anxiety most often and use this NSE exercise on that situation.

Once you have treated that event, and have done the Non Scary Exposure in real life, go to the second item on your list. Once you've succeeded with that one, move on to the third and so on. Doing this exercise on your most intense social anxiety triggering situations will get you the most leverage.

1b. Once you have an event, write it down.

1c. Ask yourself the question:

“What do I fear about this situation/event?” and “What do I worry about might happen?”

And then write down a list of all the things you fear.

1d. Do the “What if-game” (This is basically the same as 3a, just a different way to uncover your fears):

Think about the event you dread. Then ask yourself: “What if...?”

And then this is your time to be negative and fill in the blanks.  
Fill in anything that you fear might happen.

Examples:

- What if they stare at me?
- What if they talk about me?
- What if they tease me?
- What if they laugh at me?
- What if I become embarrassed?
- What if I stutter?
- Etc.

Add these to your list of fears/worries.

1e. Finish these sentences:

The negative thing that I expect will happen is...

What I’m most afraid will happen is...

What negative thing I just know will happen is...

Add the answers to your list of fears/worries.

1f. Tap away the fears and beliefs one by one.

Pick one of the fears or negative limiting beliefs you have, focus on it, and start continual tapping (keep tapping going from one point to the next and so on).

*Example for a fear:*

EB What if -say the thing you fear-

SE I fear -say the thing you fear-

UE This fear in my -say where you feel the fear in your body-

UN I fear -say the thing you fear-

CH What if -say the thing you fear-

CB This fear in my -say where you feel the fear in your body-

UA What if -say the thing you fear-

LP I fear -say the thing you fear-

WR This fear in my -say where you feel the fear in your body-

TH What if -say the thing you fear-

If you cannot get the fear to reduce in intensity there is most likely resistance to letting go of that fear. This resistance can in most cases be neutralised by simply verbalising the resistance.

Below are some of the most common resistances.

I don't believe I can get over this

I don't deserve to get over this

It's not safe for me to get over this

I'll be a different person if I get over this

It's too hard for me, I can't really get over this

I can never get over this

This -fear/worry/problem- is part of me

I haven't got what it takes to get over this

I can't get over this completely

If I let go of this I'll lose my excuse

I refuse to get over this

To neutralise the resistance, simply state the resistance phrases out loud, one after the other, while tapping over the tapping points.

Example:

EB: I don't believe I can get over this

SE: I don't deserve to get over this

UE: It's not safe for me to get over this

UN: I'll be a different person if I get over this

CH: It's too hard for me, I can't really get over this

CB: I can never get over this

UA: This -fear/worry/problem- is part of me

LP: I haven't got what it takes to get over this

WR: I can't get over this completely

TH: If I let go of this I'll lose my excuse

EB: I refuse to get over this

After having mentioned all of the resistance phrases once, focus back on the fear or worry you have and continue to tap until the fear is gone.

If you get stuck again, and the intensity of your fear is no longer reducing any further, go over the resistance phrases again. After you have done so, return to the fear or worry and tap on it until it's gone.

If you're still not able to neutralise a fear, use the troubleshooting below.

## **TROUBLESHOOTING FOR NEUTRALISING FEAR:**

If the fear/worry is not neutralising completely after the resistance tapping, there is a reason for that. And that reason most probably is that your mind fears this upcoming experience and it has some recorded evidence to do so;

The fear is based upon a/several painful past experience/s.

In other words, some key S.E.E. has likely not been neutralised yet. In order to neutralise that S.E.E., uncover it by thinking of the thing you fear happening most, like you have done in previous exercises in the SCS.

Once you have done so, imagine that worst case scenario happening as if it were happening to you right then and there. Then tune into the negative emotion and ask yourself:

“What does this feeling remind me of?” Or,  
“when is the first time I can remember feeling like this?”

Your mind will then almost surely come up with a S.E.E.

Go with the first thing that comes to mind, but try to find the earliest time where you felt that feeling before.

Once you have uncovered and cleared the S.E.E., you have eliminated the evidence your mind has to fear the thing you're afraid of. So now it's likely you can eliminate the fear completely.

Therefore, after having cleared a SEE, go back to the fear and tap again and see if you can now neutralise the fear completely (do this in the same way as instructed above, tapping on resistance again as well in case you get stuck).

If you can then still cannot get the fear to a 0 out of 10, there might be *another S.E.E.* to neutralise. Therefore, repeat the troubleshooting steps to uncover and clear the S.E.E. and after that try again to neutralise the fear itself by verbalising it while you continuously tap and focus on the fear.

Repeat this as many times as you need to

**NOTE:** There might be several pieces of evidence (S.E.E.'s) that need to be destroyed in order to neutralise a fear completely. And you might need to clear resistance to clearing the fear several times.



*Example for tapping on a belief:*

EB: people will humiliate me  
SE: people will humiliate me  
UE: people will humiliate me  
UN: people will humiliate me  
CH: people will humiliate me  
CB: people will humiliate me  
UA: people will humiliate me  
LP: people will humiliate me  
WR: people will humiliate me  
TH: people will humiliate me  
Etc.

You can keep it simple like instructed above. Alternatively, you can verbalise reasons for why you believe it will happen. As you tap and verbalise the belief statement, the belief should start feeling less and less true, or you should start feeling less and less bad about the belief.

When a belief doesn't go down to a 0 of 10 (either in how you feel about it or in how true it feels):

A. There is most likely resistance to letting go of that belief. This resistance can in most cases be neutralised by simply verbalising the resistance.

Below are some of the most common resistances. Simply state the resistance phrases out loud, one after the other, while tapping over the tapping points.

Resistance clearing phrases:

I don't believe I can let go of this belief  
I don't deserve to let go of this belief  
It's not safe for me to let go of this belief  
I'll be a different person if I let go of this belief  
It's too hard for me, I can't really let go of this belief  
I can never let go of this belief  
This belief is part of me  
I haven't got what it takes to let go of this belief  
I can't let go of this belief completely  
If I let go of this belief I'll lose my excuse  
I refuse to let go of this belief

Example:

EB: I don't believe I can let go of this belief  
SE: I don't deserve to let go of this belief  
UE: It's not safe for me to let go of this belief  
UN: I'll be a different person if I let go of this belief  
CH: It's too hard for me, I can't really let go of this belief  
CB: I can never let go of this belief  
UA: This belief is part of me

LP: I haven't got what it takes to let go of this belief

WR: I can't let go of this belief completely

TH: If I let go of this belief I'll lose my excuse

EB: I refuse to let go of this belief

After having mentioned all of the resistance phrases once, focus back on the belief and continue to tap until you are at a 0.

If you get stuck again, and the intensity of your belief is no longer reducing any further, go over the resistance phrases again. After you have done so, return to the belief and tap on it until it's gone.

If that also doesn't cause the belief to drop to 0 out of 10, use the troubleshooting steps below.

## **TROUBLESHOOTING FOR A NEGATIVE LIMITING BELIEF:**

If the belief is not neutralising completely after the resistance tapping, there is a reason for that. And that reason most probably is that your mind has evidence to support this belief:

There is one key S.E.E. or several S.E.E.'s that are the table legs holding up the table top of the belief.

In other words, some key S.E.E. has likely not been neutralised yet. In order to neutralise that S.E.E., uncover it by asking yourself:

Where did I learn this belief?

How do I know this belief is true?

If I had to prove to a judge in court that this belief is true, what experiences (S.E.E.'s) would I present to convince him that this belief has validity?

Your mind will then likely come up with a S.E.E. that you can then neutralise.

Once you have uncovered and cleared the S.E.E., you have eliminated some or all of the evidence your mind had to believe the negative limiting belief.

Therefore, start tapping on the belief again by continual tapping and stating the belief at each tapping point (and working through any resistance as it might come up -see resistance phrases mentioned before-)

If you can then still cannot get the belief to a 0 out of 10, there might be *another S.E.E.* to neutralise. Therefore, repeat the troubleshooting steps to uncover and clear the S.E.E. and after that try again to neutralise the belief by tapping on it. Repeat this as many times as you need to

**NOTE:** There might be several pieces of evidence -S.E.E.'s- that need to be destroyed in order to no longer believe the belief at all

## 2. Worst Case Scenario (WCS) Tapping:

Keep the same scenario that you have worked on in the exercises above. Start continual tapping and let your negative mind rattle on (out loud) about the worst case scenario. The worst thing that can happen.

Every time you utter a new sentence you go to a new point.

Keep asking yourself “and then what negative thing would happen?” and “what is bad or scary about that?”

*Example:*

Your feared event to work on is “Going to a birthday party”. You start tapping...

EB - I’m entering the party and everyone is looking at me

SE - I see an old friend who used to tease me

UE - He comes up to me and mocks me

UN - I get embarrassed (*and then what would happen?*)

CH - He/she laughs at me, I feel even more awkward

CB - I try to laugh it off but everyone sees me looking bad (*what’s bad about that?*)

UA - I get into a state of panic

LP - I don’t know what to do with myself, don’t know where to go

WR - I try to speak to someone, but I stumble over my words

TH - The person calls me a loser

Etc.

By tapping over all your points while telling your worst case scenario story you get the emotion out of the story you are telling/visualising.

Keep tapping and telling the worst case scenario until you have zero negative emotion left.

This causes you to be calm thinking about the event, AND it likely also causes you to be calm during the actual event. This is because you have already experienced the worst case scenario in your mind and you have already dealt with your emotional responses with EFT beforehand.

3. Create an ideal scenario by writing a few statements of who you want things to be. Start the exercise by writing down at the top of your piece of paper:

*“Wouldn’t it be nice if...”*

Below that, start writing a little mini-story of how you want things to be. Every sentence you write down starts with “wouldn’t it be nice if...”. Starting out this sentence allows you to more easily get into the feeling place of your ideal scenario.

Rather than playing the old tapes about what you do not want, you create a story of how you do want it to go this time.

*Example:*

Wouldn’t it be nice if...

I’m entering the party and I immediately see someone I feel comfortable with

(Wouldn’t it be nice if...) I get to speak to a friend whom I feel good around

(Wouldn’t it be nice if...) I have a nice time talking with him/her

(Wouldn’t it be nice if...) I feel more and more comfortable as the birthday goes on

(Wouldn’t it be nice if...) I’m happy with myself that I went

(Wouldn’t it be nice if...) I’m meeting someone new and the conversation just flows

(Wouldn’t it be nice if...) I’m in the moment and people are surprisingly nice

(Wouldn’t it be nice if...) People around me are in a good mood

(Wouldn’t it be nice if...) I end up having a great time

(Wouldn’t it be nice if...) I walk away from the party feeling great about myself

4. Visualise your *ideal scenario* coming true. Use the same advice for the visualisation exercise I have given you before. Make it as real as possible, as if it were happening in the here and now, seeing out of your own eyes, making sure it's all your ideal scenario.

Do this at at least two different times. Once in the morning, once before going to bed, for example.

**NOTE:** If additional worries come up, great news! Tap on them.

5. Take action and go through the experience in the real world.

Now that you have taken one single experience through all of the above exercises, it is time to take action. Go out there and do it. Without action, your life will stay the same. By taking this smart action you improve your life step-by-step.

You always have tapping with you for things that come up. You can finger tap in the moment, excuse yourself and go to the toilet to tap, and you can tap after the experience on anything that may have come up.

If you still find yourself procrastinating, when you are simply not taking action, go to the Subconscious Resistance article and see if you are dealing with any of the common resistances. If so, neutralise it.

If not, go to the 16 questions to uncover unique resistance, and move beyond it. After that, take action. Having the slightest bit of nervousness when moving forward in life is OK. Take action and reap the rewards.