



Social Fears and Beliefs

Earlier in the SCS you have created your social confidence goal. How you want to feel socially, how you want people to react to you, how you want your social life to look like, and so on.

You've made the goal elaborate, and throughout the SCS you have been visualising certain positive social scenes. And of course, you have been neutralising/changing negative memories.

In this exercise we're going to create one big bundle of everything that's in the way of you being socially confident. So all of the remaining social fears and negative beliefs that are preventing you from being socially confident is what I want you to imagine putting into a big bundle.

You can either use the guidance in this article, or use the "**Social Fears And Beliefs Preparation Audio**".

The Exercise:

You can either follow this below exercise to create your bundle of fears and beliefs, or you can have me guide you via audio. If you want to listen to the audio, go to “**Social Fears and Beliefs Preparation audio**”.

If you want to do it using this written exercise...

.. ask yourself the following questions:

“What is in the way of me feeling calm and confident socially?”

“What’s stopping/preventing me from being calm and confident socially?”

Really take a minute or so to think about this. And what you will then come up with, is the negative limiting beliefs and fears you have.

For example:

- I’m afraid I’ll get rejected
- I have to make a good impression and I can’t
- I’m afraid I’ll be laughed at
- I can’t socialise
- I’m socially inept
- I never know what to say
- I’m afraid I’ll run out of things to say
- I’m afraid I’ll embarrass myself
- I have to do the right thing
- I can’t make mistakes
- I have to be perfect, do everything right, otherwise I won’t be accepted
- It’s not possible for me to be confident socially
- I can’t do it
- people don’t like me
- Just being me is not good enough

- I have to get people's approval
- There's something wrong with me
- I'm afraid I'll get into conflict when I say what's on my mind
- I fear getting into an argument
- I fear being the centre of attention
- I can't look nervous
- Socialising is just hard
- People are out to get me
- I have to hide
- I have to keep my guard up
- I have to act cool
- Etc.

You don't have to come up with every single one of them, it's OK to forget a few, just come up with the main 10 or 15 or so that are on the forefront of your mind. The exercise we do in the video will generalise the other fears and beliefs you might not write down. This is a very forgiving exercise.

Now rate on a scale of 0-10 how much these beliefs and fears are preventing you from feeling calm and confident socially. Most likely, this is a high number.

Go to the video "**Social Fears and Beliefs**" and follow along.