

You achieve social confidence faster when...

1. You understand WHY you're stuck; you understand what social anxiety REALLY is

Are you frustrated about your results when it comes to overcoming your social anxiety?

And are you afraid you'll have to live with your social anxiety for the rest of your life?

If so, you're far from being alone in this.

And your feelings would be justified too IF you believe that the *only way* to beat your social anxiety is the way you've been going about it.

But what if there is a more effective approach?

Let's first check how you feel socially when you experience that anxiety.

Your heart is racing a hundred miles an hour. You may have this lump in your throat. Your stomach or chest is tight. You're afraid about saying something stupid. You might shake or sweat. You worry intensely about doing something embarrassing. You're hyper alert in a scared way of what they think of you. You might be afraid the people around you will do something to do you that makes you embarrassed. They might judge you. Or attack you. Or you might do something wrong.

Or... -fill in the blank-

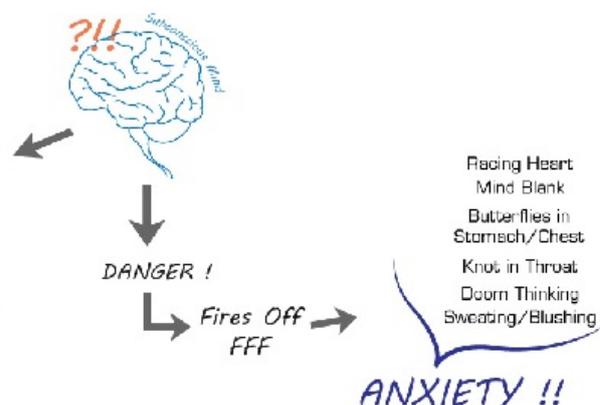
And while you're anxious already, you're doing all you can to pretend to be OK and act normal. But you just *know* they're aware of your awkwardness... And this makes you cringe even more.

So what happens here?

What happens if your subconscious mind perceives danger in a social situation.

To protect you from this (perceived) danger, it fires off a built-in, automatic early-warning system referred to as the fight, flight, or freeze (FFF) response.

Social Situation



Every time this FFF response is activated, adrenaline gets pumped through your veins, blood rushes away from your head and your digestive system into your outer limbs, and your throat tightens up.

Your heart races a hundred miles per hour, your mind blanks out and you feel a knot in your stomach or chest.

Sound familiar?

Or, when you're in a difficult social situation, do you find yourself doom-thinking, seeing everything through the filter of possible danger, being hyper-alert to whatever you fear might happen?

This is the FFF being activated.

All of these symptoms enable you to fight, run or hide from the danger your subconscious mind perceives. You might recognise these symptoms as what we generally call "anxiety".

The danger might be the risk of rejection or disapproval. It might be the threat of someone becoming upset with you. Or being around someone who you know is mean. Or the risk of saying or doing something stupid.

Or... -fill in the blank-

To protect you from this perceived danger the FFF gets activated. That FFF response sets off feelings of anxiety to prepare you to deal with the immediate threat.

So when you feel anxious, your whole system is in survival mode (just like it would be if you find yourself in *real danger*, like being in a burning house).

And while your whole system is screaming "DANGER!!" you are trying to act perfectly normal in a social situation!

So anxiety is not the real problem, it is simply the set of feelings and physical symptoms you experience when your FFF is activated.

When you try to fight this anxiety you're trying to beat your very own survival mechanism!

That doesn't work.

What does work is overcoming the perception of danger.

Once there is no longer a perception of danger, the FFF won't need to be activated, and you won't experience the resulting anxiety symptoms.

There are things that are causing this perception of danger. As well as simple strategies to get rid of these "things" that cause the perception of danger.

By addressing the underlying problem that causes the anxiety (the perception that you're not safe socially) you get MUCH faster results. And the results will be lasting.

2. You stop judging and blaming yourself for being anxious

Because you've likely been anxious for a long time and social anxiety leads to pain and suffering:

- Constantly feeling afraid and worried
- Exhaustion because you're in survival mode so often
- Not being able to enjoy yourself socially
- Not being able to connect with others
- Avoiding social situations because they're painful
- Feeling lonely and disconnected
- Worries about ever creating a fulfilling future
- Missing out on the fun of life you see others have
- Little close relationships
- Insecurity around intimacy
- Etc.

... you're likely judging yourself for being anxious.

Yesterday I worked with a client named "Jess". She was 41 and had been suffering from social anxiety since she was 12.

She had intense anger towards herself for *still being anxious*.

She was very frustrated, and thought of herself as weak.

"It's limited me so severely. How can I have let it come this far? I should just be able to control it! What's wrong with me?"

Those feelings and self-judgments for being anxious are common.

When we suffer for a long time, we start to blame ourselves. We see other people being happy or comfortably socialising and we tell ourselves that we're inferior to them.

When we're really in pain, we call ourselves pathetic, and a loser.

These self-judgments are detrimental to your efforts of overcoming your social anxiety.

And, they are also inaccurate...

It's not that we're anxious on purpose!

It simply happens every time there is a perceived danger.

Your subconscious perceives a danger, it fires off its in-built response to danger (the FFF response) to help you survive this danger.

Yes, it does suck. Yes, it IS painful. Yes, it IS a big problem.

But it's just the way it works. And it is the situation that is here now.

And, when you address the real underlying problem you can overcome your social anxiety.

YOU are not the problem. You *have* a problem; the perception of danger socially.



And this is a problem you can overcome by addressing the real cause of your social anxiety.

And to be able to do so, stopping your self-judgment is key as this makes the problem worse.

Because now when you're anxious (you don't feel safe; your mind perceives danger) you're on top of this anxiety judging yourself to be weak and pathetic. Which makes you feel even more scared.

You call yourself names which makes you even more insecure. Less worthy. Even more inferior to these people can just relax and have a good time.

This self-judgment makes matters worse.

So stop it!

Well, trying to stop it consciously might be a good start. But from experience I know that this isn't so easy.

And it isn't easy because there are emotions attached to these self-judgments.

It becomes a lot easier to let go of them once you apply an emotional release technique like tapping.

Once you release your self-judgments, you're able to release your social anxiety much faster because you're no longer worsening the anxiety.

3. You learn EFT (Emotional Freedom Techniques) tapping

EFT Tapping is a strange-looking technique by which you tap on specific parts of your body while verbalising phrases that keep your focused in on a negative emotion.

As you tap and focus on this negative emotion it rapidly reduces and often releases in just a few minutes.

...

You probably think I lost it if you've never heard of it.

If you've never seen it before (it's new, though used by an estimated 10 million worldwide) you probably think it's nonsense.

How can something this stupid looking and out of the ordinary work?

It must be a scam!

Or some weird new-age technique that only works for people when you believe in it.

That's OK. Was the same for me.

But I urge you to do your research, and give it a committed try.

It's not a placebo (you don't have to believe in it, it still works).

It's not a distraction technique because you're especially focusing in on the problem and the negative emotion.

And it works *for everyone* once applied in the right way.

You can learn the basics of tapping for free in just 10 minutes. I'm offering you several videos at the end of this article to get an experience of it. But that's just some basic stuff.

However, after you've learned it you can start using it immediately to calm yourself down and use it to release and let go of some easier challenges.

That's exciting, and a big promise.

But there's more you should know...

Because overcoming your social anxiety requires using the tapping *in the right way*.

Social anxiety can be a complex issue to address and the basics of tapping only get you so far.

More on that later, let's first go a bit deeper on what the tapping is.

EFT (Tapping) is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system and body all at once.

The practice consists of tapping with your fingertips on specific acupressure points while talking through traumatic memories and a wide range of emotions.

EFT is the most well-known in an exciting new movement called Energy Psychology (EP).

It's recommended by PhD's and thought leaders in the psychology, self-help and spirituality movement:

Anthony Robbins

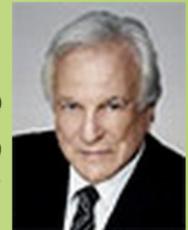
"If you're looking for ways to change your life, check out Energy Psychology, it's pretty extraordinary."



Nathaniel Brandon, PhD

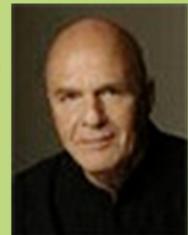
author of *The Six Pillars of Self-Esteem*

"The techniques of EP have provided me with invaluable tools for working with trauma. No therapist can afford to remain ignorant of this new and exciting field."



Wayne Dyer

"This really works... I've had great results with tapping in my own life."



Jack Canfield

"The most powerful new transformational technology to come along in years."



Bruce Lipton, PhD

Author of *The Biology of Belief*.

"EFT is a simple, powerful process that can profoundly influence gene activity, health and behavior."



Bessel Van der Kolk

Professor of Psychiatry, Boston University School of Medicine

"EP techniques and procedures can bring about remarkably rapid changes in the way people feel."



EFT has been featured on the Dr Oz show, Oprah, Psychology magazine, the Huffington post, and many more.

Tapping is scientifically proven to be effective.

Studies have shown that EFT reduces the production of the stress hormone cortisol and increases production of serotonin and other neurochemicals. These biochemical responses help regulate the autonomic nervous system and create a sense of calm.

Tapping helped me overcome my social anxiety **completely**.

It easily blends with certain effective elements of therapies like CBT, ACT, NLP, Inner Child work, and others. And I have noticed the incredible changes this has produced in my socially phobic clients whom I've been helping to overcome their social anxiety since 2009.

I've also seen it work on even the most severe trauma when working with survivors of Super Typhoon Yolanda in the Philippines. (see me work 1 on 1 with a traumatised Filipino teenager, and see our relief mission at: <http://www.empoweringthephilippines.com/>).

When you use tapping it in the right way it will *significantly reduce* the time it takes you to free yourself of your social anxiety and live your life to the full.

If you're still skeptical, there's only one piece of advice I have for you:

Give it a committed try!

Experience is the best evidence :-)

4. You acknowledge and accept your anxiety

This builds forth on the previous steps.

You understand anxiety (the result of the FFF response activation, which happens because there is a perception of danger).

You stop blaming and judging yourself.

You learn tapping.

Now you want to start acknowledging and accepting your social anxiety.

I was very hesitant to do this at first. Acknowledging it felt scary. It felt like I was acknowledging I was “messed up”. And accepting it felt like throwing in the towel. Giving up.

And I had sworn to myself I’d do anything to beat it completely.

I’ve since learned that you cannot overcome that which you do not acknowledge.

The first step towards change is awareness of having a problem; Acknowledging that yes indeed, there is a problem that you want to overcome.

From this place, you want to get to acceptance.

But how is that possible?

How can I accept the unacceptable? Social anxiety is ruining my life, how can I accept it?

Well, here’s where tapping comes to the rescue.

You likely have all sorts of emotions *about* your social anxiety and your situation. These negative emotions lock the problem deeper in place.

By resisting what is, you cannot change.

As the famous Swiss psychiatrist and psychotherapist Carl Jung says:

What you resist,
persists.

Carl Jung



So you want to get acceptance of yourself, your situation, and your anxiety.

Tapping helps you get to this place.

Since the tapping allows you to reduce and release negative emotions, you can aim your tapping on your emotions about yourself, your judgments towards yourself, your self-blame, and your negative emotions about the unacceptable parts of your life that are caused by the social anxiety.

Getting to a place of acceptance does NOT mean:

- that you give up
- that you agree you need it
- that you like experiencing it
- that you want it to stick around

It just means you accept reality as it is now.

This will already bring you more peace of mind.

This may for some people already make them less anxious.

This likely already gives you quite some relief.

And, it is a starting point from which you can now charge ahead and move forward on your journey to social confidence. From acceptance you can make real progress, and since you don't fall back as much, you'll get to social confidence much faster.

5. You overcome your resistance

“Jess” (the lady I worked with yesterday) had aside from anger and negative judgments towards herself, also a fear of overcoming her social anxiety.

How can that be?

She was surprised to recognise that when she said out loud “I am afraid to let go of my social anxiety” it registered as a strong fear.

She said she really wanted to be free of her social anxiety. However, just the thought of being “socially confident” or free of anxiety made her feel nervous and afraid.

And this is common. I call this “the Social Confidence nightmare”.

Part of you really wants to be socially confident.

That part sees how much relief you’ll feel. How free you’ll be. How nice it will be not to have to worry about social events all the time. How amazing it will feel to be yourself without effort.

How much peace of mind you’ll have. How you’ll have fun with others. And how you’ll have close friendships and look forward to the weekends.

That part of you is excited and willing to put in the work it takes.

But another part of you perceives all these downsides.

Jess was afraid of who she would be.

She was so used to being anxious, it felt so familiar to her, that the thought of change, and being free of it freaked her out. It scared her.

And that’s common. Here are 3 more common perceived downsides:

- There will be more pressure on me, higher expectations
- I won’t know how to act
- My relationship with -X person- will change, and that’s scary

These downsides need to be addressed. This resistance needs to be overcome because resistance leads to self-sabotage.

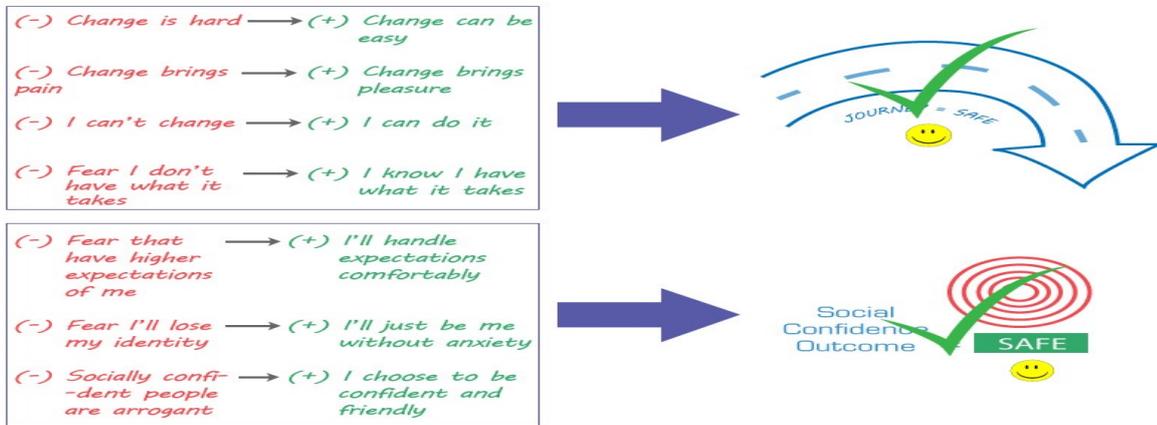
Self-sabotage can take the form of:

- All of a sudden feeling lazy when you’re about to start doing some inner work
- Constantly “perfecting your plan”
- Postponing
- Constantly finding something “more important”, like watching your favourite TV show, or walking the dog, or having some ice cream.
- Coming up with (very convincing) excuses not to take action
- Keeping yourself overly busy with work or school
- Or anything else that prevents you from doing the thing that will move you forward and helps you release your social anxiety.

This resistance needs to be addressed.

The perception of change being painful needs to be changed. It needs to be safe to change

The social confidence nightmare needs to be changed into a social confidence dream. The outcome of social confidence needs to be perceived as safe.



Once you change get rid of this resistance, it's smooth sailing.

You'll make much faster progress, and without self-sabotage you're holding on to the changes because the changes are safe and good for you.

6. You aim your tapping at the right targets

In this article I'm giving you some of these targets to aim your tapping at.

There are more.

When you aim the tapping at one of these "right targets" a lot of transformation and healing can happen.

When you address a few foundational targets, a domino effect can happen which creates a profound shift in your emotional world.

To give you an example, when I helped a client overcome his fear of embarrassing himself by transforming his damaged internal relationship with his father, and released a traumatic experience where he was made fun of, most of his social anxiety left him.

Within just 3 sessions aimed at the right targets, he could now function in the world with more peace and calm than he had ever experienced.

Picking the right targets gives you the most effective results.

And, there are a few things you can do to help you pick the right targets.

One thing is asking the right questions.

Here's an example of a question to uncover an important target:

When did your social anxiety start? Or, if you've had it all your life, when did it worsen?

Since social anxiety typically starts at some point, or worsens at some point in life (some people have been anxious for their whole life) this question might lead you to discovering a challenging period in your life, or a specific traumatic event.

Since this is where you subconsciously learned to be socially anxious, or learned something that worsened the anxiety, clearing this event or period using the tapping can help you unlearn this.

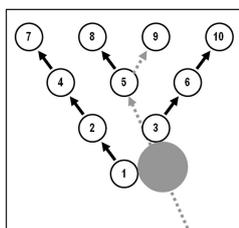
And this can give you a far more profound result than aiming your tapping at anything that comes to mind about your anxiety.

Now you can make progress using the tapping on random targets. And you will still get some results.

But they will likely be insignificant compared to being laser sharp with your tapping.

When you are like a sniper and you find the right target, the effects of the tapping are far more powerful.

THE PERFECT STRIKE



It's just like with the game bowling.

If you throw the ball and hit the first pin from the right angle, your ball will throw over not just that pin, but also the other 9 pins behind it.



But if you just hit the pin all the way to the side, you only throw over that single pin.

Same thing with the tapping.

By aiming your tapping at the right targets, you can “throw healing strikes”.

The more “strikes you throw” the faster you get to social confidence.

7. You heal your wounds from the past

Do you ever find yourself responding with excessive negative emotions to a situation that isn't such a big deal at all to your logical mind?

I know the answer is yes because this happens for everyone.

And when you suffer from social anxiety this is frequently the case.

And sometimes it happens so often that we think it's normal.

Or part of us.

Or just the way things are.

But what actually happens when we respond with excessive emotion to a situation is that...

... OLD trauma gets triggered.

As an example, you may perceive someone to ignore you and as a result you feel a strong sense of shame and insecurity.

Logically you might recognise this as not that big of a deal, but emotionally you respond strongly.

This shame and insecurity is actually OLD emotions from past wounds that get triggered.

What happens is that old traumatic memories get triggered in our day to day lives by situations that remind your subconscious of these earlier traumas.

When this happens, our subconscious perceives you to be in the same situation as you were during the painful experience, and you therefore end up experiencing the same negative emotions you felt back then.

We call these negative life experiences:

Significant Emotional Experiences (S.E.E's).

S.E.E.'s are basically (mini) traumas that get re-triggered in daily life.

According to Dr Scaer, a leader in the field of research on trauma, we experience this trauma when we are faced with a threat to our well-being, our survival. And that doesn't have to be trauma like rape, torture, kidnapping etc.

It can be a threat to your identity.

It can be something like losing a job, being ignored by your dad when you are little, getting ridiculed or bullied in school, getting a B when your parents expect an A, being compared to your sister, etc.

It's a situation that you perceived to be traumatic combined with a state of helplessness where you had no control over that event.

What happens when we experience something that we perceive as being traumatic, we freeze.

And we store the trauma in our subconscious.

Then every time something similar happens to us in the future we get the same emotions back (shame/fear/embarrassment/humiliation/anger/etc) that we felt during the traumatic experience (S.E.E.).

Say that you for example got bullied in class about you having big ears and you felt humiliated. And due to your emotional state at the time, your beliefs gathered throughout life, and other factors, it was traumatic for you.

You froze, and all the details of the experience got locked inside your mind.

This S.E.E. is now lodged in your subconscious mind.

If you then find yourself in a situation where people are talking about getting their ears pierced and they ask you if you ever thought of doing so, your subconscious mind might perceive this situation as similar to the one where you got ridiculed and you will start to get that same feeling of humiliation back that you felt back then.

This is because your subconscious generalises experiences, and it perceives this current situation to be similar to the traumatic experience (S.E.E.) where they made fun of you.

The negative feelings from the negative experiences we had in the past (S.E.E.'s) get triggered by experiences in our current life.

Most of the negative emotions we experience in our day to day life, especially the more intense ones, are actually just old S.E.E.'s that get triggered.

Therefore, when you use the tapping and you release the trauma from a S.E.E., those feelings from that specific experience can no longer get triggered in your day to day life.

By addressing the key traumas related to your social anxiety, you overcome your social anxiety much faster.

8. You understand what social confidence is

This is easier to understand if you have certain people around whom you feel comfortable. Maybe you feel comfortable around certain old friends. Or around your sister. Or this one person at work.

If you have a person like this, then you're socially confident around that person.

Social confidence is feeling like that around anyone, in all situations.

If you aren't comfortable with anyone, you might have a situation in which you feel good.

Maybe when you're playing soccer. Or when you're playing the piano. Or when you're making paintings. Or listening to music. Or whatever.

Social confidence is basically just at being at ease and feeling comfortable interacting with others.

Social confidence is nothing but feeling safe to be yourself. Around anyone.

It seems like a really big deal when you've been anxious for a long time. But it's nothing but the absence of insecurity, and feeling calm and at ease (no anxiety) which results from feeling safe.

9. You think long term

People seem to go through a few stages when it comes to their idea of overcoming their social anxiety. After you've read this, choose to skip the first two stages and you'll get much faster and deeper results.

Stage #1: Pessimistic and skeptical

At this stage they've tried to overcome their social anxiety with little or no success.

They're massively frustrated. Perhaps angry. Maybe they even feel desperate.

They're highly skeptical that this could work for them.

They worry they have to live with their social anxiety for the rest of their life.

They think that the only way is what's been hammered into them; Use their will power to really push themselves hard, force themselves, and do painful scary exposures.

By pushing through the awkwardness, and changing their thoughts over and over the best result would be to be able to live a life where they get to a place where the anxiety is *manageable*.

Anything other than the standard advice for overcoming social anxiety is regarded as "too good to be true", "something that will only work for others, not for me", or "the next marketing scam".

Stage #2: Unrealistically optimistic

They've learned the basics and followed some tutorials online. They've begun tapping and they've gotten some results. They've experienced some relief. They've noticed it working.

And this has been amazing. Finally, a cure!

They've read these inspiring testimonials online, and heard people raving about the tapping.

They are ex-cited!

They think that they can just focus on the social anxiety symptoms, follow it down to a few past experiences, and do some tapping on the symptoms and they're anxiety-free for the rest of their lives.

They think that before that wedding next month, or that birthday party they have to go to in a few weeks, they can be anxiety-free.

They set an unrealistic goal and start tapping ineffectively. They tap on symptoms, not causes. They don't move past the resistance. They get stuck and don't know why.

Their progress stops, and they eventually toss it away as "a good relaxation technique, nothing more".

Don't get stuck in this stage. Move to the third stage.

Stage #3: Realistically optimistic

This is where they want to be.

The fact of the matter is that for some people just tapping is not enough (more on this later down this article) and it will take a longer period of time to become anxiety-free.

This was the case for me. And I am incredibly happy I have taken that route. It's definitely been challenging, but the rewards are worth it.

I feel comfortable anywhere, I connect with people effortlessly, I like myself and have a satisfying social life with awesome, loving friends. I have fun socially. I'm being myself. I like me. I like others. Socialising feels good. I have a great relationship with my daughter. I feel good around my family. Life's good.

That's taken a lot of inner work.

But it's been worth every single dollar and every single minute invested.

And, while it for me took a long time, for many people it doesn't take that long.

I've worked with clients who resolved 90% of their social anxiety within just 3 sessions over a period of a month.

How long it takes, and how fast you improve lies on a spectrum.

On the left side you have the "easy cases" and on the right side you have the "tough cases".

Where you are on this spectrum depends on a variety of factors.

It depends on how long you have been anxious, the severity and frequency of your anxiety, the causes to it, the amount of resistance you're dealing with, and your current life circumstances, to name but a few determining factors.

But before you proclaim "I'm a tough case!", consider this:

Almost *all people* I've worked with claim to be "a tough case"!

And some indeed were. And others thought they were, but resolved most of their social anxiety in just a handful of sessions.

The reality of the situation is that in most cases you can make progress quickly.

Once you start doing the tapping, you can experience relief within an hour.

Usually within the first 10 minutes.

And you improve every time you tap aimed at a proper target.

And it is common to feel a reduction in your social anxiety within a few weeks.

An important "bonus benefit" is that as you aim the tapping on the right targets, not just your social anxiety lessens and disappears, but other areas of your life start to improve as well.

You find your self esteem rising, your self acceptance deepens. And as you feel better about yourself people are responding to you more favourably.

If you use the tapping on the right targets, and you commit to 30 min a day...

... realistic optimistic expectations for most people are:

- You experience relief within the first 10 minutes of tapping
- You make progress every "tapping session"
- You start to feel better and better about yourself
- You notice the overall intensity of your anxiety dropping within 1-3 weeks
- You start to notice that certain situations where you used to be a little anxious, you're now comfortable
- You feel more solid, stronger, more confident
- You have less and less situations that trigger the anxiety response within you as you keep progressing
- You start to enjoy being in certain situations

In time, connecting with others becomes comfortable. You start to enjoy hanging out with people more. You now start to build a neural network of positive social experiences.

Slowly but surely, you feel better and better, and socialising starts to become normal. From this place your relationships start to deepen and improve. And social anxiety becomes something of the past.

Be optimistic, but be realistically optimistic. This will get you the fastest results.

10. You get the right expert help you need

I offer an EFT based DIY program called to overcome social anxiety called the Social Confidence System.

It's based on my own journey to social confidence, studying under the leading thinkers in the tapping and therapy world, and 5 years of coaching socially phobic clients.

What has worked over and over I've put in the system. It's easy, and step-by-step. You're guided to uncover the right targets, and you're taken by the hand following me on video to releasing your social anxiety.

It's my life's work, and gets powerful results for people with social anxiety:

Hi Sebastian,

I wanted to email you to simply say thank you. Your course has helped to change my life, and funnily enough, without my realising it! I never truly noticed a change in me until yesterday. I went through an anxious episode (which thankfully was not triggered by anything 'social' but by something completely different) and experiencing all those physical and mental symptoms - the heart racing, the palms sweating, the stuttering, the inability to think straight, the negative thoughts, the feeling of doom etc. - made me realise how far I had come.

Constantly feeling anxious and negative was once so normal for me but now my new normal is a sense of calmness, a sense of serenity. So, when I felt anxious yesterday I was shocked at how abnormal it all felt. I was shocked that I couldn't remember the last time I had felt like that!

Your course has worked miracles, but in such a wonderfully subtle way that I never actually realised I changed! I still feel like me, I still act like me, so much so that it took an anxious moment for me to notice that I am actually different! Now when I think about it, I am so much more comfortable around people. I have fun with them whereas before I was too stuck in my head to have fun. I am more confident in myself and my abilities. I am more present :)

*Best wishes,
Manal*

"I've spent most of my teens and twenties looking for *the* social anxiety cure, if such a thing actually existed. After a 10+ year search (& plenty of snake oil salesmen), I stumbled over the psychological equivalent of the holy grail: EFT & Sebastiaan's EFT-based Social Confidence System. I've made more headway in a few months using the SCS than the previous 10+ years of talk therapy, cog-behavioral therapy, hypnosis & affirmations combined. Seriously. This s-t works.

Thanks again, Sebastiaan!"

But unfortunately it's not for everyone.

My Social Confidence System (SCS) and my 1 on 1 coaching over Skype is highly specific to resolving Social Anxiety and is mostly aimed at resolving this problem alone.

It is not for you when you have other compounding problems.

If your social anxiety is only one of your problems, you need help with these other problems also, separately from my SCS or my coaching.

My SCS or my 1 on 1 Skype coaching is *not for you* when...

- You are severely depressed, or
- You are suicidal, or
- You have a history of sexual abuse, or
- You have additional problems aside from social anxiety, such as personality disorder (http://en.wikipedia.org/wiki/Personality_disorder)

If you actually have other compounding problems, you need to think about having therapy and perhaps doing this online course separately, ideally when you're stronger after therapy cause you get the maximum benefit.

It's best to consult with your mental health care provider when you suspect this may be the case.

Therapy makes you sufficiently emotionally stronger and you need to be strong enough to use this system and get lasting benefits.

Do what it takes to get yourself to where you want to be.

Get a proper assessment of what problem you're dealing with, and find an empathic, warm, experienced face-to-face therapist.

You can use the tapping alongside it. It will help.

In some cases, tapping is not enough. It is not therapy in and of itself. It's an emotional release technique.

If you suspect you need therapy, I highly recommend it.

If you need therapy, then getting therapy is the fastest way to overcome your social anxiety. If you can DIY I know my SCS is an incredible shortcut to getting there. For the fastest and deepest results reach out for an intro-chat and I may be able to help you via 1 on 1 Skype coaching.

In short, getting the right help gets you to social confidence the fastest.

11. You do Non-Scary Exposures

In Cognitive Behavioural Therapy it is suggested to make a hierarchy of the experiences you're most afraid of. Then you go and face these things you fear; you do exposures.

I've done some quite extreme exposures. I share these on my site, and throughout my newsletter.

The aim of these exposures is to get your amygdala (the part of your brain that alerts the rest of your brain that it's time to activate the FFF response) to believe that the things you fear are not dangerous at all.

The intention is to unlearn the perception that social situations are dangerous.

They say in CBT that "the only way to overcome the fear is by exposure to the fear along with an experience that teaches the amygdala that nothing bad happens".

But my experience is that there's a much more gentle and far more effective way of altering this perception of danger.

A large part of this has to do with doing the tapping to heal past traumas, clear negative limiting beliefs, overcome resistance and deal with fears and triggers.

But another part is doing exposures in a more gentle way.

You can do NSE's (Non-Scary-Exposures).

This is where you use the tapping to get rid of as many of your worries, fears, and anticipatory anxiety prior to facing the experience you fear.

When you do some of the deeper inner work properly, you can get to a point where you get rid of all the fears, worries and negative expectations regarding an experience you formerly feared.

If you then can comfortably visualise the upcoming social experience that you *used to fear*, you go and experience that situation.

What you likely find is that your anxiety is either non-existent (this is rarer) or it is significantly reduced, and only at certain times it spikes up a little bit.

As you go through the experience in this way, you comfortably broaden your comfort zone, raise your confidence, and teach your amygdala that this social experience is safe for you.

The more you do this, the more "real life evidence" you collect that reinforces your social comfort.

Social confidence becomes more and more "normal".

NSE's will allow you to get to social confidence much faster.

12. You start today

Most people can overcome the bulk of their social anxiety within a month.

To get there will take a certain amount of action steps.

There's a finite number of steps.

Say that there are 100 steps, to pick a random number.

For you there might be 50. Or 200. But there is a certain number of steps.

What that means is that every single step you take you get closer to your goal of social confidence.

If you need to take 50 steps, and you take 1 step today there's only 49 left.

You won't resolve this in one go.

There's no quick fix (other than the ones I'll be sharing below, which are awesome!).

This will take some time and effort.

But aren't you sick and tired enough to take some action today? How much longer are you willing to accept a life like this?

How much longer are you going to allow yourself to come up with excuses?

Tomorrow will always be tomorrow.

STOP the excuses. Don't listen to them.

Take action.

I have given you the resources. There's no excuse anymore.

As you take action you immediately feel good as you move forward. As you take action you immediately make progress. As you take action you start the momentum.

Strike when the iron is hot. Creating momentum is the hardest. Starting is the hardest.

Get started now, take action today:

One on One Skype coaching

www.social-anxiety-solutions.com/social-anxiety-coaching/

My Social Confidence System

social-anxiety-solutions.com/social-confidence-system/

Quick Fixes

My free youtube videos all are aimed to either give you a perspective that helps you, a mindset that serves you, or guide you through an EFT tapping routine to help you gain some relief.

People have reported great results from these videos, and I suggest you go check them out.

1. My first video on Youtube, guiding you through some basic EFT (nearly 30 000 views)

https://www.youtube.com/watch?v=_jnlU1DaHLo

2. Me sharing my story, a couple of years back

<https://www.youtube.com/watch?v=TwpR5TVgJmk>

These videos help you with starting to acknowledge and accept your social anxiety:

3. Social Anxiety treatment:

<https://www.youtube.com/watch?v=mdsB4qS0-1E>

4. Releasing some of your feelings *about* your social anxiety

<https://www.youtube.com/watch?v=FOIZ07MM1f8>

And here are two of my most recent videos:

5. How To Stop Worrying About What Other Think

<https://www.youtube.com/watch?v=wWZRJvEEdWw>

6. How to release fear and worry about upcoming social situations

<https://www.youtube.com/watch?v=II9vOOgQEgw>

CONTACT

You can use this contact form to get in touch.

<http://www.social-anxiety-solutions.com/contact/>

I look forward to connecting with you :-)

Warm regards,
Sebastiaan