

# Welcome to the Social Confidence System

I have a welcome video for you after these few words, but I first wanted to “say a few things on paper”.

First off, the system you invested in is yours to keep forever, including any future updates.

The empowering information in this system will allow you to take control of your emotional world, overcome your social anxiety, and create peace and joy in your life.

And to give you some perspective, this system was not created by copy pasting some basic info from other products and putting it together to make some quick money.

I have gone through what you’re going through as well (or at least something very similar) and since I know your pain and have found a way out myself, I am passionately dedicated to providing the best solutions for you.

The life-changing information you get to use in this system has taken me over a decade to gather, and putting the system together in the most efficient way has taken me over 4 years.

Since 2009 I have spent over \$70 000 in being coached by the world’s leading experts in EFT tapping (psychotherapists, therapists, psychologists, coaches, healers, practitioners, etc.), have taken many workshops from these experts, studied directly under them, have weekly been guided by my own high-level coach, and I have taken all that I have learned and applied it when guiding my socially phobic coaching clients to social confidence.

I have taken the techniques and strategies that worked time and time again and have put them in this system, for you to use.

I have also created a structure of social anxiety (A), a structure of social confidence (B), and a roadmap to go from A-B. Throughout the Social Confidence System, this roadmap will guide you comfortably out of your social anxiety, one safe step at a time.

You will have to invest your time, effort, and dedication, but I’m convinced you will find that the results you get are worth your investment many times over.

*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 :)*

*Your course is brilliant. Thanks so much for making it available for us to use. I would definitely recommend it to anyone who would like to be free of their anxiety once and for all. And if anyone is afraid of changing (like I was) then don't be. You will change in such a gentle and gradual way that you won't even feel it.*

*Best wishes, Manal*

# Suspend Your Disbelief

Some of what I'll be sharing with you might cause your skepticism to rise. In particular the tapping (EFT). Skepticism is OK, it just means you're not easily fooled (or maybe you've been fooled in the past) and/or that you want to make sure you don't get your hopes up too high and get hurt.

Take heart, this is not a placebo; you do not need to believe in it for it to work.

My suggestion is to keep an open mind, and simply do the exercises and notice it working for you. And when it doesn't work for you immediately, persist until it works for you.

I had a lot of trouble with the tapping in the beginning, but I persisted, found out why it didn't work, got rid of the reasons why it didn't work, and then it started working for me brilliantly and it has since improved my life beyond tremendously.

After suffering from a severe social anxiety disorder I am currently completely anxiety-free, and have been for years. With persistence, that is possible for you too.

All the solutions that have worked for me, and the solutions that have worked for my clients consistently are found in this system.

*"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!"*

# Using the SCS is Not Hard or Difficult

The exercises are as simple as they can possibly be. I tell you what you will be doing, I tell you why you'll be doing it, I tell you how you will be doing it, I give you examples of how you will be doing it, and then you are guided to do it.

I take you by the hand, show you where to go, perform how to do it (while you observe) and then do it again while you copy me (monkey see, monkey do).

You can't make mistakes, but you do need to go for it. And persist.

Persistence is key to your success. Resolve your long-standing social anxiety issue won't happen in a day, or even in a week. That's just not realistic. It will take some restructuring of your mind and heart. And that takes persistence.

And knowing that this is one of the struggles you are likely dealing with, have dealt with, or will be dealing with as you go through the SCS, there are solutions for this in the SCS.

You will find a whole section called "Overcoming Subconscious Resistance" and another section called "Staying Motivated" which will help you move past procrastination and it will keep you moving forward, persisting until you have the outcome you are looking for.

*Hi Sebaastian,*

*I want to thank you for creating such a great program. I bought the Social Confidence program about a week ago. I am at the step "Subconscious Resistance". Wow... is all I can say. No wonder nothing I tried in the past has worked. I am already feeling lighter and better about myself. I have never seen the structure of social anxiety and the solution to releasing the fear laid out so clearly before. If the rest of the program is as effective as getting rid of the subconscious resistance as it is in getting rid of the actual social anxiety, the SCS is VERY cheap. I am actually rethinking my career plans and am very excited about my future now. Thanks you very much!*

*Dusty*

# How Long It Will Take To Beat Your Social Anxiety

You will notice relief likely the first time you do the tapping. And you will be able to make progress quickly. But how long it takes to overcome your social anxiety is something that is impossible to answer.

It depends on a lot of factors, like how long you have had it, how deeply ingrained it is, how wide spread it is, what the causes are, how much (subconscious) resistance there is to being free of social anxiety, and so on.

But as you put in 30min a day, you will likely start to notice yourself being more calm and relaxed within 1-2 weeks. Changes can be either subtle, or more profound. You'll start to feel less negative emotions, and when you feel them they will be less intense. You will slowly start to feel better about you.

It is common to experience a progressive reduction in your level of social anxiety. You'll feel less and less anxious, and in more and more situations you'll become calmer and at ease.

As you keep putting in your 30 min a day for a month, you will look back to where you were a month before and notice that you have made tremendous progress and are well on your way to being anxiety-free.

Social anxiety is a solution to a deeper underlying problem. Once you feel safe to be you, which you are guided to get to using the SCS, you can feel relaxed and comfortable around others.

Imagine what your life would be like when you feel calm and at ease socially. How will your life improve? What positive emotions will you feel on a day-to-day basis when you are socially at ease?

*well...i bought your product and i have to say that after working on some things i felt more liberated and my body language changed . i felt more comfortable at conversing with people and thing started to shift for me and my thoughts began to change and i couldn't believe how such a simple (at first glance it looks like mambo jambo stuff) exercise be so powerful and so liberating. and i started to see that this a tool i can use to change my thoughts quickly and effectively hence change my life.*

# Here's What To Expect As You Work The System

Before you can get started doing the actual exercises I want to give you a brief overview of the Social Confidence System so you know where you are, where you will be going, why you will be going there, and what to do when you are stuck.

This way you'll be able to overcome any obstacle on your journey, and you will keep fuelled up as moving towards your outcome of comfortable social interactions, feeling free to be yourself.

Let's get to it.

Once you log in to the system you see at the top the preparatory steps A, B and C. Here's what they are and why they are important:

## **A. Understanding Social Anxiety**

The roadmap to social confidence is laid out here for you. You will learn that it's a matter of taking the steps to free yourself one by one, keeping your goal in mind at all times, using assistance where needed, and persisting until you have the outcome you're looking for.

You will gather the clear understanding as to why you have social anxiety. When you know why you have the problem you have, and you know what to do to overcome the problem, you are empowered to keep going.

## **B. The right mindset**

Once you have the right understanding, you will be introduced to the right mindset to most efficiently go through the program.

## **C. The tools and techniques**

Here you will learn all you need to learn about tapping and other techniques along the way. The basics is explained here, which you can start using right away, and as you move through the rest of the SCS your toolkit will grow and expand.

As you have gone through prep-steps A, B and C you are now optimally prepared for the journey ahead and you can get started with the tapping based steps of the SCS.

# The 11 Steps of the SCS

## 1. Acceptance

Here you are explained why acceptance of your social anxiety is essential. It's very counter intuitive advice, because how can you ever accept something that is so limiting, painful, and uncomfortable?

Tapping comes to the rescue here, and will help you gain a level of acceptance that will lay the foundation for the rest of the steps of the SCS to build upon.

***Note:** It is likely you won't get to total 100% acceptance of your social anxiety. And that's OK. See the acceptance of it as a process that you set in motion here, rather than an end destination. You keep improving on this acceptance of your anxiety each time it comes up. At this step, get as close to acceptance of your social anxiety as you can, and then move forward to the next step in the SCS.*

*This is also the advice for all the following steps of the SCS:*

*When you cannot seem to get a particular step to work for you...*

*MOVE FORWARD TO THE NEXT STEP in the SCS.*

*You'll find that other steps will work for you much easier, and you will make progress thanks to these other steps. As you have made progress with others steps, you can return to the step that wasn't working that well for you again, and you may very well find that now it's a lot easier.*

## 2. Subconscious Resistance

After understanding what this is, you have many audio tap alongs that guide you past resistance to change, to being free of social anxiety, and to enjoying social confidence.

***Note:** This is the step of the SCS that you return to many times over, if need be.*

*If you get stuck at any point on your journey, know that it is in 99% of the cases resistance that is keeping you stuck. When you feel yourself procrastinating, or you lose motivation, or you don't have the energy, or whatever the situation might be that's causing you to not take action, you're dealing with resistance and this needs to be cleared.*

*In most cases you can do this yourself, using the audio tap alongs you find there, and the process explained to uncover your unique resistance.*

*If you ever find yourself completely stuck, you may want to consult with either me, or another expert who will be able to assist you in getting to the next level. There's always a solution.*

### **3. Repetitive Negative Childhood Experiences**

This is a foundational step. And many people mess up here because they don't take it serious enough as they don't see the value of focusing on their childhood. However, most of the core negative limiting beliefs have been formed in your early years, up to age 12, and especially before age 7.

If you don't know the specifics of your early childhood is common, and not a problem. That your social anxiety may have started/worsened, or that your most challenging periods in life came after childhood is also OK. This will be addressed later.

What is important is that you take your time to do this exercise thoroughly, because it is highly likely that your childhood stuff has set the stage for your current day problems to occur.

Properly doing this exercise makes the later work in the SCS far more effective and your makes you get to your goals in a much easier way.

### **4. Initial S.E.E**

There is often (though not always) a single experience, or a challenging period in your life that kick-started your social anxiety. This section helps you find it if its there, and eliminates it completely. In doing so, you are removing the splinter from your finger and this allows the wound to heal.

### **5. Clearing Emotional Wounds And Visualise**

In your day to day life, are there times when you all of a sudden feel negative emotions?

Most of these negative emotions are OLD negative emotions, instead of current negative emotions. They come from the old emotional wounds you have.

There have been several painful life experiences you've dealt with. Some worse than others, some mini-traumas, some big traumas.

An unresolved trauma or painful negative life experience is an emotional wound that "gets poked into" in your current day experiences. When this happens you re-experience the negative emotions from these old emotional wounds.

At this step you will be healing these wounds one by one. In doing so, you grow stronger, feel calmer, lighter, more relaxed, and more at peace.



## **6. Raising Self Esteem**

Much of the problems you experience come from a lower self esteem; you don't fully like, love, trust and respect yourself.

In a similar way to the exercise in step 5, you will be guided to uncovering the experiences where you lost self esteem, and as you eliminate these emotional wounds your self esteem and self confidence grows.

## **7. Neutralising Shame And Perfectionism**

Shame and perfectionism go hand in hand when you suffer from social anxiety. You've got all these things that you're ashamed of (not to mention yourself..) and as a result you want to come off perfect so you won't get hurt or embarrass yourself.

The guided videos in this section help you move past these two big problems.

## **8. Self Acceptance**

Accepting yourself is of essential importance if you want to feel safe socially. This step builds on all the previous steps you have been doing in the SCS. Most of the deeper roots of you not accepting yourself have been dealt with in the previous steps. This step expands on that, and takes your level of self acceptance to such heights (assuming you persist!) that you will start to feel calm and at peace with yourself.

## **9. Social Fears And Beliefs**

Like the above step, this step builds on all the previous work you've been doing in the SCS. You will have dealt with many or most of the deeper underlying reasons for why your mind perceives you not to be safe socially.

Here you will gather all the beliefs, fears, worries and concerns regarding social situations and are guided to get rid of them in one fell swoop.

## **10. Non Scary Exposures**

These exercises are to expand your comfort zone, and build out the life you want, free of anxiety. You'll make a list of the situations you still avoid/fear, and you will use tapping and various other empowering exercises to get yourself to feel calm and look forward to going to these formerly feared experiences.

As you do a Non-Scary exposure and go through the formerly feared experience calmly, you will gather real-life evidence that you are safe socially, you expand your comfort zone, raise your confidence, and you each time get one step closer to effortless social confidence.

## **11. Effortless Social Confidence**

At this point you have done inner work and empowerment for weeks on end. Potentially months. This is not a quick-fix solution. Remember that you have a challenge that you've had for a long time, and to fully resolve this challenge that time, effort, energy and persistence.

Good thing is that every step of the way you've been feeling stronger, better about yourself, calmer, more at ease, more relaxed, more at peace. You've started to accept yourself more and more. You've gotten less and less anxious, and likely in certain situations you're totally calm and at ease.

But there will still be situations where you're anxious. In these situations there are still things (people, sights, sounds, sensations, smells, tastes, thoughts) that trigger your FFF response.

To get rid of all your anxiety takes PER-SIS-TENCE! But you can do it. And each trigger that you eliminate is one step closer to being anxiety-free. The article and steps within it provides a framework for you to keep going and make effortless social confidence inevitable.

## **Negative Limiting Beliefs**

This is the section you go to with lots of videos that help you move past negative limiting beliefs. You don't go here first, you are instructed to go here during one of the steps.

## **Deliberate Positive Thinking**

This is an extra section I have put in the SCS. There is no specific time you go here. In this section you find various exercises to help you deliberately think positively.

The tapping you'll be doing in the SCS will help you think more positively by default, but since it's likely that you've habitually been thinking negatively you need some additional thought-changing work to change this limiting habit.

These exercises give you the power to take control of your thinking and make positive thinking a habit (which leads to increased levels of happiness, inner peace, and high self esteem) for you.

# Get Started!

Now that you have had an overview of what to expect, and you know the common obstacles and what to do when they occur (and if you still have questions, they will be answered automatically as you go through the SCS), get started by watching the welcome video!