



Overcoming Subconscious Resistances

You've previously learned that to become anxiety-free you want to overcome your subconscious resistance.

This is important because as long as the subconscious mind -the deeper, more powerful part of the mind- is resistant, you will struggle to achieve permanent change.

Why is that?

Because your subconscious mind's prime directive is to keep you safe. Currently it may believe that the journey to social confidence, and/or the destination of social confidence is not safe.

And so to protect you, it will sabotage your conscious efforts to achieve your outcome.

Basically, your subconscious will do anything in its power to make sure that your conscious efforts to move forward towards social confidence will be sabotaged because it believes it's not safe and beneficial for you.

It needs to be safe and beneficial for you to get to social confidence and remain socially confident.

How Do I Know I Am Dealing With (Subconscious) Resistance?

Often you can physically feel the resistance. You find yourself feeling resistant to wanting to do the tapping. You simply don't want to do it. You will find yourself feeling lazy, or overwhelmed, or not focused.

Quite possibly you'll find yourself procrastinating, using any conceivable excuse (I have no time, I don't feel like it now, I have to do my homework, I have to watch this program, I have to finish this task, I'll do it later/tomorrow/next time, etc.) you can think of.

When this happens, you now know you are dealing with resistance.

You will know you are sabotaging when...

... you are not taking action in the system!

When you notice this happening, instead of pushing yourself to forcefully do the exercises in the steps of the SCS anyway, come back to this section and clear as much resistance you uncover.

Once you have moved past the resistance you go back to where you left off.

If you ever decide to pause your efforts and then return to it, start by working through the resistance first. After the resistance is cleared, move through the rest of the steps.

The 4 Key Steps To Freeing Yourself:

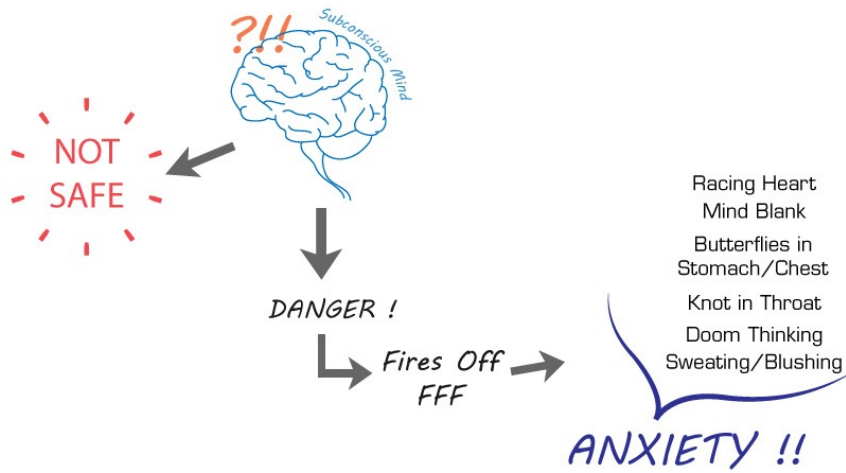
Below are the 4 big picture key steps to overcoming your social anxiety.

1. Change your negative perceptions about change
(to make the journey safe)
2. Change your perceived downsides about being anxiety-free
(to make social confidence safe)
3. Change your perceived upsides about staying socially anxious
(to make social confidence safe)
4. **Eliminate the beliefs that prevent you from feeling safe socially
(to make being yourself socially safe)**

Of these steps, step 4 is the one that we spend most time on in the SCS because the main reason you feel anxious socially is your subconscious perceiving you not to be safe:



Because your subconscious mind perceives social situations as dangerous it responds by firing off its automated, built-in response to (perceived) danger: the fight, flight or freeze response. This leads to the anxiety symptoms.



Throughout the social confidence system you are systematically getting rid of the repetitive negative experiences and the traumatic life experiences (S.E.E.'s) that caused you to form negative limiting beliefs, and develop social fears. And you'll also persistently work to eliminate all your social anxiety triggers.



Because it's these negative limiting beliefs and social fears that have resulted in your subconscious mind seeing social situations as "dangerous".

As you move through the steps of the SCS you are step-by-step overcoming these negative limiting beliefs and social fears and you work towards feeling safe socially.



The 3 Subconscious Resistances

Here's a metaphor to help you understand resistance:

Say that social confidence is at the end of a street. If you didn't have resistance to it, you could simply walk down the street and claim it for yourself.

Since you are dealing with resistance, this isn't the case.

When you start walking towards that social confidence, you start encountering trouble. Your feet are getting heavier. The closer you get, the harder it becomes to move forward. This is the resistance doing its work.

Your subconscious believes it's helping you by resisting you to change.

When it perceives that arriving at the end of the street and claiming social confidence is dangerous for you, it's job is to make sure you don't make it to the end of the street and stay where you are safe.

It's preferring to stay with what's familiar because at least it knows how to keep you safe in this comfort zone (that's not comfortable at all!).

So it's pulling you back when you get closer to protect you from that danger.

The nearer you get to the end of the street, the stronger the pull away from it becomes (and this is why you keep coming back to resistance whenever you notice self-sabotaging behaviours).

The resistance can be likened to an elastic band strapped around your waist, pulling you back when you try to walk towards social confidence.

You could start at step 4 already and begin neutralising past traumas and so on, and skip this whole section on subconscious resistance.

And you can likely still progress to a degree, by pushing through resistance. Or in the rare case that you have no resistance at all, you'll make big progress quickly.

But it's much more likely to be a struggle, and you risk falling back when the resistance hits.

Plus, you will have to deal with all resistance eventually anyway, if you aim to be anxiety-free. So to make progress *most easily and effectively* you want to overcome as much resistance as you can upfront.

After you have done so, you want to clear any remaining resistance that may come up for you the moment you become aware of it *as you move through the steps of the SCS*.

There are 3 key resistances to overcome:

1. Your subconscious mind believing *the journey to social confidence* isn't safe
2. Your subconscious mind believing there are *downsides to being socially confident* (and therefore believing the outcome of social confidence isn't safe)
3. Your subconscious mind believing that there are *upsides to saying socially anxious* (and believing these "benefits" will be lost once you achieve the outcome of social confidence; making it not safe and beneficial)

In this section you are neutralising/changing the beliefs and fears that make up this resistance. In doing so your subconscious' perception of what's "at the end of the street" may change.

Once what's at the end of the street isn't perceived as dangerous anymore, but as something safe and beneficial, there will be minimal resistance in unlocking your social confidence.

How Will I Overcome That Resistance?

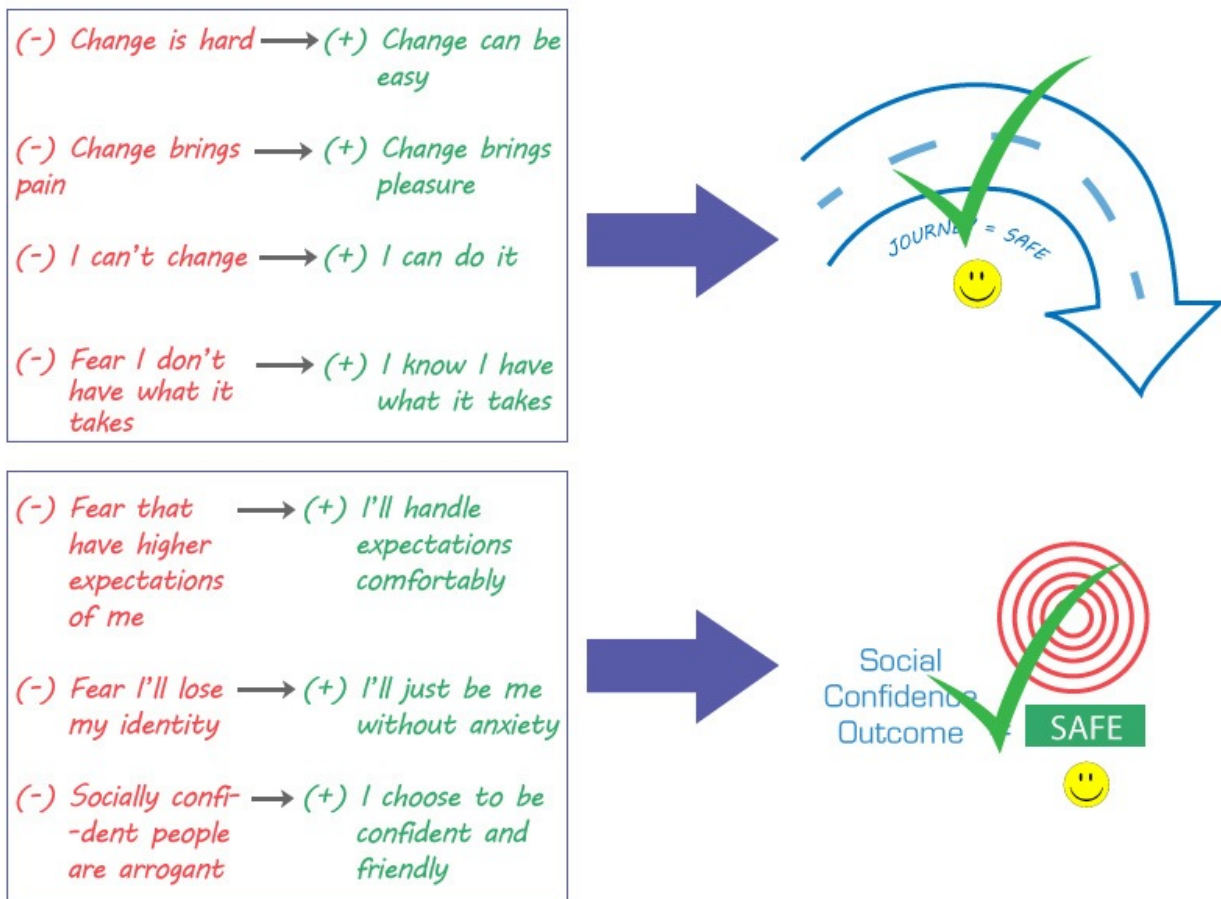
The resistance consists of a certain amount of negative expectations, beliefs, and fears.

Each belief/fear you neutralise/change by tapping and challenging the validity of your beliefs and fears you reduce your overall resistance. The less resistance you have, the easier you will progress.

In this section on overcoming subconscious resistance you will uncover the beliefs and fears that are causing resistance. Once you have uncovered them, you pick one of them and neutralise/change it by using the above two strategies.

You follow along with the thought change sequence (which challenges the validity of the belief) and you tap along with the EFT audio tap-alongs. Or you do your own tapping (it's easy, I'm giving you different ways of going about it, and in time you can find what works best for you personally).

You neutralise all the resistance causing beliefs one by one until you end up without any resistance and you have only positive expectations. Below is what it looks like in graphical form:



Note: Sometimes you will need outside assistance to overcoming your (remaining) subconscious resistance. The sabotage it can cause may distract your conscious mind from focusing on what is important by putting up blind spots to what really matters.

However, most likely you can get very far yourself, and you may be able to overcome all of the resistance (and anxiety) on your own.

I just want you to be aware that this could happen, so you know you have options if you don't get past the resistance yourself. If you cannot move past the resistance yourself, this may be an indication to get some outside help. The care and outside perspective of an expert, or the warmth and empathy of an experienced therapist may help you move past the resistance.

The Three Common Beliefs That Cause Resistance

There are three common beliefs that you may run into that cause resistance:

1. Negative perceptions about the process of change
2. Perceived downsides to being anxiety-free, socially confident
3. Perceived upsides to staying socially anxious

Uncover and neutralise/change as much of them as you can find upfront. Each belief fear you release reduces the resistance.

Once you've covered the ones you can find now, move forward in the system and return here when you find yourself stuck to release additional resistance that has shown up for you.

How To Change A Belief

A belief can be neutralised/changed in many ways. We focus on two efficient ones.

One way to neutralise/change a belief is to tap while verbalising the belief. A belief is just a thought or idea that *feels* true.

When you continuously tap while verbalising the belief, you release the feeling connected to the thought or idea. This results in the belief no longer *feeling* true.

The other way is to challenge the validity of the belief with your thoughts. By doing this you look for thoughts that help you start doubting the truth of the belief. By looking at the belief in different ways you can end up with a different perspective. With this different perspective the belief no longer feels true, or no longer feels *as true as it did before*.

When a belief no longer feels true it's lost its power.

Taking Action

Below you find a list of 30 beliefs/fears that cause resistance. Some of these relate directly to social anxiety, others not as much and may indicate other challenges outside of the social anxiety realm.

You may strongly relate to some and to others not at all. And some of these beliefs are easily overcome (by following the suggested exercises) while others are more challenging to overcome.

And some resistances you may not be able to overcome completely on your own, and you'll have to find outside help in the form of an experienced therapist to help you with this.

For example, a belief that socially confident people are superficial may be fairly easily overcome by using the thought change sequence (to change the validity of that belief) and doing some tapping while verbalising the belief (so the truth of it reduces).

Within a short while, this belief may no longer hold any relevance to you. It doesn't feel true anymore. This is possible because this belief likely has little or no "roots" to it, and a simple change in how you see things along with some tapping might do the trick.

A fear that you still won't be liked may be a bit more challenging to overcome in one go. This belief likely has more roots to it. It may take some time and persistence to overcome; You may do the suggested exercises once, and find some relief. Then you work through the steps of the system and as you clear past painful experiences where you weren't liked, you grow your inner strength.

After you have cleared some past baggage, healed some old wounds and built up some strength, you come back to the fear of not being liked.

You may now find that this fear isn't as intense anymore, and by tapping on the fear directly you may now find that the fear will disappear completely.

A belief that you need to be punished might be something that you will have a lot of difficulty overcoming just by yourself. And you may need outside help to assist you in this. This could be attached to your identity, may have deep roots, and even resistance to let go of and so on.

While tapping with the suggested exercises may give you some relief, and you may be able to make some progress on following the steps in the SCS, this is likely something that you might not be able to address by yourself without therapy completely.

I trust you take care of your own well being and get the help and assistance you need when needed. That said...

Let's jump in!

Action Step #1:

Start out by reading through the 30 beliefs/fears that cause resistance below. Select the ones that feel true for you, and then follow along with the suggested thought-change sequence and tap along with the audio tap-along (repeat this as often as you feel is helpful).

In doing so you can neutralise/change the belief and move past some, most, or all of the resistance.

Start now by going to the “**List Of Beliefs/Fears Causing Resistance**” and *only* select the beliefs/fears that feel true for you.

Write down the numbers of the beliefs/fears that feels true.

Then pick the first belief/fear on your list and go to the corresponding number on the SCS page to work through the thought change sequence and EFT tap along audio that you find there.

The thought change and tap along are there to help you neutralise/change the belief.

Once you have neutralised/changed the belief as much as you can, move on to the next belief on your list. Keep doing this until you have addressed all the beliefs that you are aware of.

List Of Beliefs/Fears Causing Resistance:

1. Tap along general resistance
2. I'm afraid the bad times will never end
3. I'm afraid I will become overwhelmed
4. I'm afraid I'm not persistent enough
5. I'm afraid to lose my dream of social confidence
6. Overcoming common negative limiting beliefs
7. I'm afraid to change and then fall back again
8. I'm afraid to leave my comfort zone
9. I'm afraid I'll have less control
10. I'm afraid to lose my identity
11. My SAD feels familiar to me
12. I don't know how to act as a non-anxious person
13. My SAD is the only way I can get love and attention
14. My social anxiety makes me superior over others
15. Overcoming social anxiety is the only thing that gives meaning to my life

16. I don't want to be normal
17. I don't know what I would think about without my social anxiety
18. I won't have an excuse anymore
19. I'd feel guilty when I'm anxiety-free
20. Socially confident people are arrogant
21. Socially confident people are superficial
22. I have to do the things I said I would do there will be more pressure
23. I'm afraid they will judge me negatively when I am socially confident
24. I don't deserve to get over my SAD
25. I'm afraid I'll lose my privacy
26. I need to punish myself
27. I don't want to forgive -name person/people- (the people that ruined my life)
28. I'm afraid that being anxiety-free will be upsetting to others, I'm afraid my relationships with X will change
29. When I'm anxiety-free people will have higher expectations of me and it scares me
30. I'm afraid I *still* won't be liked

Action Step #2:

Once you have worked through the list of common beliefs/fear, you have good insight into how to do this for yourself. Now go to the “**Uncover Your Unique Resistance**“ article.

Here you are asked questions that help you uncover your unique beliefs or fears that cause resistance, if they are there.

After you have uncovered one you are guided via EFT tapping scripts to neutralise/change the belief/fear, and you can also use what you have learned in the guided tapping and thought changing exercises from before.

Once you are done with all of the beliefs you had written down, and you have uncovered and moved past your unique resistance, you have likely removed some, most, or all of the resistance and you can now move on to the rest of the steps of the SCS.