

Uncovering Your Unique Resistances

Below you find the 16 questions to uncover any unique resistance you might have. Take your time for each and every question below and write down your answer. The resistance usually comes in the form of a negative emotion (usually fear) or a negative limiting belief.

As you go through the below questions, allow yourself to be negative. Be totally honest with yourself. It's OK to be negative in this exercise to get to the negative limiting beliefs and fears that might be responsible for the resistance.

Really think about each question. Ponder it. Do what you need to do to come up with the answer. Repeat the question to yourself multiple times. Let it sink in and really, really think about what it might be.

Take some time for every question. Do NOT rush things as this is important.

If you have really given it your best and after 2 minutes you still don't have any answer whatsoever, then maybe there indeed is no answer.

Just make sure you take the time you need because often when I ask my clients a question like the ones below for the first time, they don't have an answer...

... but after I keep asking them the question a while they all of a sudden come up with an answer. So if you don't have an answer at first, think again.

Also, for some question you might indeed not have an answer at all *right now*...

But for another question you might have multiple answers. Treat all of them using the EFT tapping script and release as much resistance as possible.

If you can't get rid of a fear or belief completely, don't worry about that. Reduce a fear as much as possible, and get a belief to feel true as little as possible. The rest you can come back to on a later date once you have cleared some traumas and past baggage using the steps of the SCS. Just get the uncovered fears and beliefs as low as possible so that you minimise the resistance.

This is an exercise you will come back to whenever you are stuck.

Ask Yourself These Questions:

1. What is the downside to letting go of my social anxiety completely?

For extra help use the below sentences:

When I let go of my social anxiety completely then X will happen

When I let go of my social anxiety completely then Y will be scary

When I let go of my social anxiety completely then Z will be problematic.

Example: When I am socially confident I will be in the spotlight constantly and it is scary to be in the spotlight cause I might be made fun of

Note: If you uncover a fear like the above, then tapping on the uncovered fear of looking foolish may give you *some relief*, but you will need to address the past traumas and baggage surrounding looking foolish first before you can let go of the fear *completely*.

2. What would I have to do that I don't want to do when I am socially confident?

Example: I would have to get a full time job that I don't like.

Note: This is a belief that doesn't have much roots to it, so it's likely more easy to change this by challenging the validity of the belief and doing some tapping.

3. What do I NOT like about socially confident people?

If you don't like socially confident people, your subconscious mind will sabotage you moving towards social confidence.

Example: Socially confident people are arrogant.

Note: This is a belief that doesn't have much roots to it, so it's likely more easy to change this by challenging the validity of the belief and doing some tapping.

4. What is the upside to staying socially anxious?

Think of the benefits you have now that you are socially anxious.

Example: I keep having a lot of time for myself. And when I'm socially confident I won't have any time for myself anymore.

Note: This is a belief that doesn't have much roots to it, so it's likely more easy to change this by challenging the validity of the belief and doing some tapping.

5. What positive thing do I have in my life because I have this challenge with social anxiety?

This is similar to the question above...

Example: My social anxiety gives me sympathy and attention.

Note: This belief may be more challenging to change. If you are craving attention, this is likely a childhood pattern that needs to be resolved. While you will be addressing this as you move through the steps of the SCS, this may be something you want to have the help if a therapist for.

6. Why do I not deserve to be anxiety-free/socially confident?

Example: Because I'm not attractive enough.

Note: This belief may be more challenging to change, or it may not be. It may change by some simple tapping while verbalising the belief and challenging the validity of it, or you may need to go back to painful experiences in the past where you learned you're not attractive enough first before this belief will buckle completely.

7. What is not safe about being socially confident?

Really visualise yourself socially confident. Think about how your life will be. Then ask yourself the question and see what isn't safe for you.

Example: If I am socially confident I'll get into arguments. I'm afraid of arguments.

Note: Tapping on this fear of arguments is something that will likely give you only a bit of relief, and you will probably need to deal with the underlying painful arguments you had in the past, as well as a potential pattern from childhood that caused the trouble with arguments.

Challenging the validity of a belief like this can also give you more relief. For example:

Is it really that I'll get into more arguments, or is it possible that I'll be more relaxed, and won't feel a need to prove myself anymore, and so I actually end up having less arguments... ?

What if feel confident enough to simply allow other people to have their own truth?

What is I'm less threatening when I'm socially confident?

What if social confidence just means relaxed and comfortable around others?

What if I don't feel a need for arguments anymore?

What if I feel so strong thanks to the inner work that people don't start arguments with me, and if they do I can handle them with ease?

8. What would I have to do tomorrow if I were to solve my social anxiety completely today?

Example: I'd have to follow my dreams. I'm afraid I'll fail if I follow my dream.

Note: This may be something simple to tap on. It may be something complex.

9. Why do I think I have not been able to solve my social anxiety disorder yet? What is my main reason?

Example: Because I'm a tough case.

10. Who are you afraid you will be when you are socially confident?

Think about how you do NOT want to be. Do you think it's inevitable that you become a certain way when you are socially confident?

Example: I'll be a popular person who talks to everyone and I won't have deep conversations anymore

Note: When you make changes, a fear of losing your identity is something that typically comes up. Fears can be intense. "Who will I be?" Often you can simply tap on the fear of losing your identity. And the fear will reduce, or disappear completely.

However, an issue around identity can be a complex issue too. And can take time and need outside guidance to address. If this is something you struggle with, I highly recommend working with an experienced therapist.

11. Who would not want me to get over my social anxiety?

Maybe someone would feel threatened if you overcame this problem.

Example: Jenny/Jesse would be jealous of me and I'm afraid it'll ruin our friendship.

Note: This is usually something relatively easy to overcome. You tune into how X person would respond, and you tap to neutralise your emotional reaction to their response.

12. What happened last time you were socially confident?

If you never were socially confident, skip this question. But don't automatically skip it, think first. Sometimes there have been times where we felt socially confident for a short time for some reason, and something emotionally painful happened.

If you for example the last time you were socially confident you were ridiculed, your subconscious does not want you to experience that again.

Example: I'm afraid I'll get ridiculed again

Note: In this case, you will need to use the tapping to neutralise the experience where you got ridiculed before you can let go of the fear of getting ridiculed.

13. Why do you not want to get over your social anxiety?

Really ask yourself this question. Why do I not want to be anxiety free? Why would I not want to be socially confident?

Example: I'll have to start dating and I'm afraid of that.

Note: This is a separate issue that, while related to social anxiety, is something that needs to be addressed separately from overcoming your social anxiety. If this is a huge issue in your life then you can make some progress with the SCS as the exercises build your self esteem, raise your self-love and care, and improve your self acceptance (which makes you feel and be more attractive), but dating itself and the relationship aspect afterwards is something I suspect you will need to deal with outside of just the SCS.

That said, changing how you view dating is something that you can do that might help you right now in letting go of some of the fear.

For example: "I'll choose to only go on dates with men/women when I feel comfortable enough with myself to be my true self, know what I want, and know how to set healthy emotional boundaries"

14. What will be problematic or scary for me once I get over my social anxiety /when I am socially confident?

Example: I'll have to be responsible and that scares me

Note: You can change your thoughts about what responsibility means to you. Also, as you go through the steps in the SCS you grow stronger emotionally and you may fear responsibility less. After you have done so, you can tap on this and notice what happens.

15. What negative judgment do I fear getting once I am anxiety-free/socially confident?

Example: I'm afraid they will ask me why I now talk so often.

Note: This is something quite easily changed with some challenging of the fear ("What if I'll be confident enough to be totally OK with that question?"), tapping on the fear, and perhaps coming up with some thoughts about how you can deal with the situation.

16. What might I lose or have to give up when I lose my social anxiety?

People are often concerned they might lose things once they change. It might be colleagues, a salary received in some way or a certain amount, some form of security, known routines, excuses, certain weekend activities, etc.

Example: If I am socially anxious I will lose my online social anxiety friends

Note: With some challenging of the validity of that belief, you can change this around quite easily (that's OK, I'll have friends in the real world, and I can inspire them to tap their way to freedom too, and could stay in touch with the best connections I have). Unless there is severe guilt involved, in which case you will need to address the underlying causes of that (which the SCS helps you with, and a therapist can assist further if need be).

Conclusion:

Certain beliefs/fears that you uncover you can clear completely using some simple challenging of the validity of the belief and some tapping.

Other beliefs/fears you can gain some relief on but you won't be able to neutralise them completely.

You will likely have to do some healing of old wounds which you're guided through in the SCS. After you have done so, and strengthened yourself from the inside, you can come back to these beliefs/fears and attempt to neutralise them then.

Persistence will help you neutralise these eventually.

And then there may be some beliefs/fears that you might uncover that are challenging to change by yourself. You might be able to gain relief, and make progress by doing the tapping, challenging the validity, and moving through the steps of the SCS. But when persistence doesn't resolve the resistance, you will be best served by finding outside assistance.

Taking Action

By looking at the answers you have given to the above 16 questions you will find the negative limiting beliefs and fears you have about overcoming your social anxiety.

A. When what you have uncovered is a fear, use the tap along script you find at the bottom of this article, or use the tapping skills you have learned already (there's no one magic script, a script or formula is just a suggested way of going about it, but there are many ways to tap and get results).

B. When what you have uncovered is a belief, challenge it in the way you've seen before (thought changes sequences) and use one of the "**Negative Limiting Beliefs**" videos in the SCS (or use the tapping skills you gained!).

EFT Tapping Script To Reduce/Eliminate The Uncovered Fear

Use the steps below to clear any fear you have uncovered.

Try to make it a proper sentence when you notice a fear in one of your answers. You do this by starting out like this and then finishing the sentence:

“I’m afraid... “

Examples:

- I’m afraid it’ll ruin our friendship.
- I’m afraid I’ll fail if I follow my dream
- I’m afraid of being in the spotlight.

Then as you now have your ‘proper sentence’ you use that sentence to fill in the blank in the exercise below.

Example:

Tap continuously on your karate chop and say the following phrases out loud while visualising the thing you fear:

Even though I’m afraid -say the thing you fear-, and I feel this fear in my -say where you feel the fear inside your body-, and a part of me doesn’t want to let go of this fear, I deeply and completely accept all parts of me

Even though I’m afraid -say the thing you fear-, and I feel this fear in my -say where you feel the fear inside your body-, and a part of me is resisting letting go of this fear cause it keeps me safe, and maybe it’s part of my identity, and maybe it gives me an excuse, so I don’t want to let it go, but I do want to love and accept myself

Even though I’m afraid -say the thing you fear-, and I feel this fear in my -say where you feel the fear inside your body-, and a part of me doesn’t want to let go of this fear for whatever reason, whether that reason is conscious or subconscious, logical or not, I don’t want to let it go, but I do want to accept all parts of me.

Then start tapping on the points:

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’m afraid -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’m afraid -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-

Example:

Even though I'm afraid -them staring at me-, and I feel this fear in my -chest-, and a part of me doesn't want to let go of this fear, I deeply and completely accept all parts of me

Even though I'm afraid -them staring at me-, and I feel this fear in my -chest-, and a part of me is resisting letting go of this fear cause it keeps me safe, and maybe it's part of my identity, and maybe it gives me an excuse, so I don't want to let it go, but I do want to love and accept myself

Even though I'm afraid -them staring at me-, and I feel this fear in my -chest-, and a part of me doesn't want to let go of this fear for whatever reason, whether that reason is conscious or subconscious, logical or not, I don't want to let it go, but I do want to accept all parts of me.

Then start tapping on the points:

EB What if -they stare at me?-

SE I'm afraid -that they will stare at me-

UE This fear in my -chest-

UN I fear -them staring at me-

CH What if -they stare at me?-

CB This fear in my -chest-

UA What if -they stare at me?-

LP I'm afraid of -them staring at me-

WR This fear in my -chest-

TH What if -they stare at me?-

If after the above step you still feel fear, keep tapping and get the fear as low as possible. You want to get all the fears as reduce as possible.

Some fears you can neutralise completely. This is why you should try to get them as low as possible; you might be able to get rid of the fear completely.

Some fears you can reduce a little, or a lot. In these cases the past traumas need to be cleared *first* (which you do as you move through the steps of the SCS) before the fear will neutralise completely.

Simply tap and as long as the fear keeps reducing, keep going. Once it no longer reduces, know that for this fear you first need to clear some emotional wounds; write down the fear and come back to it at a later stage.

Get all the fears as low as possible and then move forward/return to the steps of the SCS.