

Social Confidence Goals And Socially Confident Identity

In this exercise we will create a social confidence reality for you internally that your subconscious can start working towards realising.

In your subconscious mind you hold an image of yourself, your self-image. Right now, this image that you hold subconsciously is not that of a socially confident person.

And that is a problem because this self-image controls how you behave in social situations. You always act like you see yourself subconsciously. You cannot act otherwise. You can try to act otherwise, but you will have to work very hard to override your subconscious picture of reality.

You automatically behave like the “you” who is controlled by your picture. The way you are in social situations - how you act or behave - is controlled by your self- image.

So since this is the case, we want to start out by creating a new self-image for you. A socially confident one. Once we have this, the exercises in the SCS will break down the walls and facilitate you becoming more congruent with this new self-image of social confidence.

Once that is the case – which is what the whole Social Confidence System is designed for- being socially confident may become natural to you.

Another big benefit of doing these exercises is that it will get your attention OFF your social anxiety and it will help you focus ON what you want; social confidence.

And since what you focus on expands you will now be reinforcing and strengthening this new image of yourself, your socially confident you and your socially confident life, instead of your old challenge with social anxiety.

After this exercise you will have an idea of who you will be, how you will act, and what your life will look like when you are socially confident.

Goal Setting Exercise

I'm going to ask you a bunch of questions in relation to your upcoming desired social life; your social confidence goal. For every single question I give a random example. Read the whole question including the example to give you an idea as to how to approach the exercise. Then write down your answer in as much detail as possible.

Question 1: Where are you now? Describe your current situation.

Example:

"I feel anxious in just about all social situations. Especially when there are people that I think are cooler, more attractive, or in some way better than me. And especially when there are people of the opposite sex. Then my anxiety is at its worst.

I have difficulty really connecting with people because I always feel anxious, I feel I need to come off the right way, terrified they will see how anxious I feel inside, afraid someone might mention it. And I'm dead afraid of becoming embarrassed again. It's a frustrating pattern I deal with that I can't seem to overcome.

I have very few friends. I have some people I hang out with, but it doesn't seem like they really like me. I am liked sometimes, but only when I am drunk it seems. I just want to have a normal life, but I always feel like the outsider. I don't think they respect me, I feel different.

I often avoid situations where there are a lot of people. My anxiety seems to be getting worse the more I think about it, or the more I try to overcome it. I really see no way out sometimes, it seems like I will have to live life like this forever. And it sucks, but I can't talk with anyone about it because I'm really ashamed of being this way.

I feel so depressed and alone sometimes!

I've been running from job to job and I constantly get fired or I resign because I hate the jobs since I just can't connect with my colleagues. Every job I get to, everyone seems to already be friends with each other, and I'm the weird guy that can't get into the group. I hate work.

I feel terribly uncomfortable when I see someone I am attracted to. Secretly I would love to get to know the person, but I'm very afraid that they would find out that I like them. I don't feel good about myself, I don't feel safe in social situations, and there is hardly any place where I feel at home. Life is really challenging, and I really hope that this is going to work because I've tried so many things and nothing seems to work for me. "

Question 2: What is it exactly that you want?

Since your mind does not process a negative, state your goal in the positive. And make it present tense (as if it's currently already true) and specific. So don't put in there "I don't want to feel anxious".

Since your brain won't hear the negative (don't) it therefore only registers the command "I want to feel anxious".

So change that negative statement to a positive one in the present tense:
"I feel calm and confident in all social situations"

But just that statement is not enough. What you want to have is a new story, a new reality, a new way of being completely. You've been living this social anxiety story that you have written down in question #1.

In order to start living your social confidence story you will want to make sure you know exactly what that looks like.

The below questions will help you with specifying what you exactly want.

But before you go there, I want to give you an easy way of getting started with your new ideal socially confident self-image and reality. What you do is you take your old social anxiety story, the one you just wrote down, and then you write the exact opposite of all the negative things you wrote down. Every sentence of your negative social anxiety story you change into a positive, present tense social confidence story.

This will go something like this:

"I feel anxious in just about all social situations"**I feel confident in all social situations.** "Especially when there are people that I think are cooler, more attractive, or in some way better than me."**I feel worthy and more than good enough and I feel equal to anyone.**

And especially when there are people of the opposite sex. Then my anxiety is at its worst.

And especially when there are people of the opposite sex my confidence is at its highest because I allow myself to really be me myself because I accept myself.

Etc. Continue in this way until you have created a total new socially confident story.

So you go from the old social anxiety story:

I feel anxious in just about all social situations. Especially when there are people that I think are cooler, more attractive, or in some way better than me. And especially when there are people of the opposite sex. Then my anxiety is at its worst.

To your new, present tense, social confidence story:

I feel confident in all social situations. I feel worthy and more than good enough and I feel equal to anyone. And especially when there are people of the opposite sex my confidence is at its highest because I allow myself to really be me myself because I accept myself.

In this way it is easy to come up with the start of your new social confidence story. My suggestion would be to do this first, and then to go over all the questions below to see if you can make your new story even more compelling and complete.

The list of questions to make your social confidence self-image and reality complete:

How do you want to feel?

How do you want to feel about yourself?

What do you think about when you are in social settings? What does your social life look like?

What does your dating life look like?
Are you dating a man/woman?
Are you with your life partner?
What do you do in the weekends?
Do you have a lot of options in the weekends?
Who do you talk to?
How social are you?
How are your conversation skills?
What happens when you are in a conversation?
How do you feel in conversation? Can you be yourself? What kind of people are your friends?
Do you have a lot friends?
What social things do you do?
Are you playing a sport or hobby?
What do you wear?
How do you look?
How's your body language and voice tone?
How do people respond to you? Do they like you?
What does your life look like?

Make this detailed, if you can. If you cannot right now, that's OK. When I did this exercise a long time ago for the first time I came back to it over and over until I had written 2 full pages... But for now, just write and don't edit until you've written your first version. Not editing helps with the flow of your writing. And you can start the other steps of the SCS once you have your draft version written, this does not have to be done perfectly, it's a continuous work in process.

Here's a quick example:

I feel calm and at ease in all social situations. I experience minimal anxiety every few months or so when I challenge myself to a new experience, but this is normal and I like that happening as I have the tools to move past it and grow myself and expand my comfort zone.

I like myself, accept myself and am peaceful and happy in general.

I expect people to see me as a friendly, nice person who doesn't take himself too seriously and who likes to have fun and joke around a lot. And most of them do, and I'm fine with those who don't.

I at times joke around quite a bit, but at other times I can be serious and have deep conversations about far out topics as well. People respect me because I respect myself. I say what's on my mind and I disagree if I don't agree comfortably.

I am in a healthy relationship with the woman of my dreams. She's amazing and I love her and she loves me.

In the weekend I meet up with friends. On a Friday we go out for dinner and afterwards we might have a drink somewhere. I often get calls from other friends asking me if I want to go hang out or if I want to come over for dinner etc. I have lots of options. I know that when I cancel they understand because they know I'm a busy person and appreciate their invite.

On Saturday I play competition soccer with my friends. I love it. In the evening me and my partner often go salsa dancing, or we spend some quality time together. I don't feel forced to meet people, it just happens naturally. I like to joke around with people and meet new people and often end up making new friends. On Sunday I often relax and stay in with my girlfriend, relaxing and having a lazy day and watching a movie or going to the cinema.

I recently started Muay Thai boxing and it's awesome. I easily bonded with everyone and I've created some interesting friendships out of this new hobby. I am also training for a fight in the ring. Very exciting!

My social skills are excellent. I feel free to tell a story if I want to, jokes come to me naturally and I have fun when myself or others look “bad socially”. I find it rather amusing. I’m grateful I’m naturally being myself around others and conversations go smoothly. I feel completely relaxed in conversation and I make people feel at ease automatically because I’m so accepting of myself and the other people around me. Socialising is just as normal to me as brushing my teeth, I do it without thinking and I connect easily with others.

I have a lot of friends. A few close ones that I often meet during weekdays. For dinner, a movie, an event, watch a game etc. I also have some friends I don’t see often and do some extraordinary things with. I have a lot of different type of relationships within my social circle because that’s what I enjoy.

I wear comfortable clothes. Blue most often. I have a casual, laid back yet classy style. People respond to me positively because they know I respect them. I am genuinely interested in people and that communicates itself causing people to like me. I accept myself and I love life. And I live my life for ME.

Now the above is just an example. It absolutely does not have to be like this. It is what YOU want. Make sure you don’t pick something that others will think is “cool”. Live your life for yourself. If it is what you want and others think it’s cool, great. But do what you like, what feels good, what you feel best about.

Maybe you just want a great partner and two close friends and feel at ease talking to your colleagues. Whatever social confidence means to you is perfectly fine. We all have different personalities and we need to choose for what we believe in our gut will make us the most happy.

Question 3:

How will achieving your goal affect other aspects of your life? Professional life, health, happiness, etc.

Example:

By me achieving my goal of being calm and at ease in all social situations my overall quality of life will improve significantly. Waking up will feel great as I can look forward to meeting people and interacting. I will feel free at last! It will cause me to feel happy knowing I can form the relationships and social life that I truly desire. I'll feel liberated.

At work I am probably taking on tasks where I have to take the lead with ease. Public speaking? Won't be a problem for me anymore. Discussion with my boss? I'll enjoy those as I can give my opinion and maybe suggest how we can improve things. This might even get me some promotions as my confidence makes me show my best self and this communicates I can handle the challenges that might come my way.

Since I won't drain my energy with my negative emotions and negative thinking anymore I feel energised to go to the gym and improve my health and body. I'll look great and feel great.

Question 4: WHY do you want this? For what purpose do you want to achieve this amazing goal?

Write down at least 7 reasons, but the more the better as this is the fuel behind your desire. The reason why is what gets you to push through in moments when “the going gets tough”.

Example:

Because I am so sick and tired of not living my life to the fullest. I have big potential if I could just be free of this anxiety. I am tired of waking up and feeling the chore of anxiety every time I get into a social interaction. I just want to be happy, have joy in what I do and have the freedom to try out new things. To travel and live life to the fullest. I don't want to end my life looking back and being disappointed... I want to be happy and fulfilled

Because I want to have peace in my mind.

Because I want to have close friends that I can share great times with.

Because I want to joke around and have fun with others.

Because I want to be in a loving committed relationship with an amazing partner.

Because I want to feel confident in my career

Because I want to do these things that I am too afraid of doing now

Because I want to live a normal life with friends and a relationship and because I want to travel and because I want to live my fullest potential and because I want to wake up feeling energised and happy and because I want to live life to the fullest and because...

Question 5:

Consider what the costs are of attaining your goal. What do you have to do to achieve your goal? Think of all the things you have to do (hours you have to invest, inner work you have to commit to etc.).

And then ask yourself if, thinking about how resourceful you are now, are you willing to take the necessary effort to achieve your goal?

Example:

The cost of achieving my goal is investing 1 hour every day for the next 90 days. And possibly some financial investments in case I get stuck.

YES! I am absolutely 100% determined to achieve my goal!