In this article you'll be introduced to the most effective emotional release technique I've found in over a decade.

You'll also receive some empowering perspectives and strategies that'll give you several shortcuts to social confidence.

Many of these perspectives and strategies come directly from top therapists, psychologists and psychotherapists.

These perspectives have been tested and refined in my 5 years of almost exclusively coaching people with social phobia.

Most of these perspectives and strategies are likely new to you.

Some of them are counter-intuitive. Some bring you relief. Some of them are exciting.

And all of them can shorten your journey!

They allow you to feel calm and relaxed socially much faster.

But, how relevant is “much faster” if you’re not even convinced yet you can overcome it?

And, how relevant is it if you don’t have a rough estimate of what to expect, or how long it’ll take?

That’s why I’ve created a video for you. I’ll share some of my story to social confidence, and demonstrate via an illustrated animation what social anxiety really is, and how to overcome it.

I also share the three stages you go through when you go from social anxiety to social confidence.

Go watch it now: “How I Overcame My Social Anxiety Symptoms completely”.

https://www.youtube.com/watch?v=BH4kU_BBY1Y
Now as the video shows you, you too can overcome your social anxiety.

And in most cases fairly quickly.

But it does take some time and effort to learn how to do this.

If you’re still looking for a quick-fix, or you’re not ready to commit to this, I cannot help you.

I can only help you if you’re willing to put in the time and energy to get this handled.

You need to decide that this is important enough for you to invest your energy and resources in.

Once you do, I have simple strategies of using the technique that allow you to move past procrastination. To overcome self-sabotage.

So you will actually stick with it and keep going.

Now that you’ve seen the video you’ve heard me share the technique.

And you know you can make progress quickly.

The video has set the stage for some of the rest of this article.

The 12 tips that now follow will be different from the standard tips like “focus outwardly”, “challenge your negative thoughts” or “face your fears”.

These standard tips can be helpful, but they’re often also difficult, take a long time before you see results, and are in cases very scary to do.

If you’ve tried focusing outwardly when you’re highly anxious, you know that this is pretty much impossible.

And challenging your negative thoughts has tremendous value, but just doing that is not enough when you have a lot of emotional evidence (more on this later) of the “truth” of these negative thoughts.

And we all know how hard facing your fears is; you might not feel you have it in you to do it, you simply don’t want to do it, or you just feel you can't keep up with it.

That’s what it was like for me.

Challenging my thoughts when I was anxious was nearly impossible.

In the privacy of my own home it worked, but just a little. In the house I felt good, but as soon as I left the door my old thoughts ruled the show again.

It was a lot of hard work with very little results to show for.

And you’ve read about and heard me share some of the things I did to face my fears.

I definitely didn’t want to spend the rest of my life doing that and still continue to live in anxiety.

Luckily I stumbled unto this technique.

It allows you to gain emotional relief as quickly as in 5-20 minutes.
I'll guide you through an experience of it in some videos I'll provide the links to.

When applied in the right way -which is what most of this article is an introduction to- you overcome your social anxiety much faster. And you get permanent results.

Overcoming your social anxiety doesn't have to be hard or painful.

And for most people, it doesn't have to take years of therapy.

**Most people can overcome the bulk of their social anxiety in 1-2 months.**

But it does take learning what it takes.

You can learn how to do this.

You need to tackle this problem with the right mindset, the right strategies, an effective technique, and a roadmap. You need to know what to do when you get stuck. And more.

This article is the beginning of an education on how to overcome it.

It can drastically shorten your learning curve and get you quick relief.

Let's dive in.
You Overcome Your Social Anxiety Faster When…

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

The video has helped you with this. Let’s drill this a bit further into your system so that every time anxiety gets triggered you know what’s going on.

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.

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.

This is common, and detrimental to your recovery.

As Steve Wells, a psychologist I interview on my Social Anxiety Solutions podcast show on iTunes (https://itunes.apple.com/podcast/social-anxiety-solutions-your/id991383481?l=en) says:

“Non-self acceptance is a guaranteed way to keep your negative cycle of social anxiety happening. And paradoxically accepting yourself (starting with accepting where you are) is the beginning point. You can only go where you’re wanting to go if you’re willing to start from where you are.”

Here’s an example to illustrate what I mean…

Yesterday I met for a coaching session with “Jess”. She’s 41 and told me she had been suffering form 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 make it much harder -if not impossible- to overcome your social anxiety.

And, they’re also not fair…

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

We simply experience anxiety every time there is (perceived) danger.
Your subconscious perceives danger and fires off its in-built response to danger (the FFF response) to help you survive this danger.

Yes, it does suck. Yes, it IS a big challenge.

But it’s just the way your survival mechanism works.

And, it can be changed.

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 also judging yourself to be weak and pathetic!

This makes you feel even more anxious.

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 I know this isn’t that 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.

Let’s get into EFT tapping.
3. You learn EFT (Emotional Freedom Techniques) tapping

EFT Tapping is a strange-looking technique that is part of an exciting new field called “Energy Psychology (EP). When you use EFT 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.

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.
After you've learned the basics 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.

As you can see, it's recommended by PhD's and thought leaders in the psychology, self-help and spirituality movement.
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 contains elements of, and easily blends with, 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 (the biggest storm to ever hit land) in the Philippines.

The loss and trauma these people experienced is unfathomable.

Since I live in the Philippines and many of my friends are Filipino, I went there to join my friends in their relief efforts. I decided to work with the traumatised people there with EFT.

After having seen the tapping work with hundreds of survivors, I organised an emotional relief mission in which myself and 9 other psychologists, psychotherapists, and EFT experts flew over from various parts of the world to help these people.

During our 3 week long mission we saw thousands of people release their severe emotional trauma using the tapping.
For most of them, all of the fear, sadness, guilt, anger and other negative emotions was released in less than an hour. Even with their eyes closed, imagining the worst parts of the storm (roof flying of houses, seeing dead bodies, the storm surge filling their house to the top floor, etc) they were emotionally calm.

They couldn’t even get upset about it when trying. They felt tremendous relief, peace, and acceptance. They could move on emotionally.

Now if the tapping works for this intense of a trauma, could it be possible EFT can help you too?

In my experience, 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 feel confident being yourself around others.

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 :-)

I have created a page where I teach you the basics AND I share a few experiential videos.

Knowing the basics will and going through the experiential videos will have you feel some of the power of tapping.

It will likely provide some relief. Perhaps profound relief. And relaxation.

But it’s just the tip of the iceberg of what’s possible.

Once you’ve experienced that, and you’re ready to get more, return here.

Check out the videos here:

http://www.social-anxiety-solutions.com/tapping/
4. You acknowledge and accept your anxiety

Acknowledging and accepting is KEY. It has to be done.

This step here in this article builds forth on the previous steps:

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

2. You stop blaming and judging yourself (you use tapping for this!)

3. You learned tapping

Now 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 a problem that you do not acknowledge first. And you cannot overcome a problem you don’t accept first.

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. This makes acceptance much easier.

See- 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.

Now let’s get this straight…

Getting to a place of acceptance does NOT mean:

• that you give up
• that you consciously agree you need the anxiety
• or that that you like experiencing it
• or that you want it to stick around!

It just means you accept reality as it is now.

This alone will already bring you more peace of mind.

For some people it already make them less anxious.

And this highly likely will already bring 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. Thanks to acceptance you don’t beat yourself up after you get anxious.

By acknowledging and accepting you’ll get to social confidence much faster.
5. You overcome your resistance

“Jess” (the lady I worked with the other day) 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” felt true. She felt strong fear when she imagined being without social anxiety completely.

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 peace you’ll feel. How free you’ll be. How nice it will be not to worry about social events all the time. How amazing it will feel to be yourself without effort.

How awesome it will be to be calm and relaxed socially. 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. It erroneously thinks social confidence will lead to pain, or to more pain than you currently experience.

And as long as there are these perceived downsides, it’s not safe to change and you’ll end up sabotaging your conscious efforts to overcome your social anxiety.

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.

One of Jess’ downsides was that she feared she’d have more pressure in her life.

She thought she would have to be talking to people all the time, and it would be draining her. She now already gets exhausted socialising, and as she projected her current social experience into the future, she assumed it’d be even more draining.

After some tapping and challenging that belief she realised she can just be who she is now when she feels comfortable.

She’ll just be herself, without the anxiety.

She also mentioned she was so used to being anxious that the thought of change, and being free of it freaked her out. It scared her. She feared the unknown. She feared losing control.
All of these perceived downsides are just that; perception.

With some tapping she moved past them easily, and started to feel much better about overcoming her social anxiety.

And that’s common.

These perceived downsides are common as well, and you can move past them quickly.

They need to be overcome because they cause resistance which leads to self-sabotage. As long as you’re resistant, you’ll only make minimal progress, and you keep falling back.

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.

You need to be 100% congruent with wanting social confidence. No downsides, all upsides. Every part of you knowing it will be safe and beneficial.

Once you change all the downsides, you get rid of this resistance and change is much easier.

You’ll not only make much faster progress, you’re now also 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.

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 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 subconscious learned you’re not safe in a certain situation, clearing this event or period using the tapping can help you “erase this trauma”.

And this can give you a far more profound result that 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.

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.
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. And that can be quite subtle, when you are smaller.

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 can be as subtle as a specific look of disgust by your mom.

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. Asking the right questions helps you find these experiences.

This is one of the keys of overcoming your social anxiety. More specifics of this in the article “How to overcome social anxiety completely”.
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 boyfriend/girlfriend. Or around your sister. Or this one person at work. Or around your cat.

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.

Social confidence doesn’t mean being extraverted. It doesn’t mean being super social. It simply means being yourself. You can be a socially confident introvert.

It’s being you, feeling comfortable about yourself. Feeling safe being yourself.

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.

Socially comfortable might even be a better word for it, as many people mistake confidence for arrogance.

Social comfort seems can seem like this unachievable way of being 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 if you haven't already, 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 of tapping 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 address past memories not related to social anxiety. 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 “tried tapping, a good relaxation technique, doesn't do that much for me”.

Don't get stuck in this stage. Move to the third stage.
**Stage #3: Realistically optimistic**

This is where they want to be.

Unfortunately, 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 absolutely 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 lots of 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 coaching 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.
You become more hopeful about the future. You dare to dream again. You’ll have more energy. You experience positive emotions like happiness, excitement, love, peace, enthusiasm much more frequently.

And you experience negative emotions both less frequently and for shorter periods.

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” (alone, or with a practitioner)
- You start to feel better and better about yourself
- You notice the overall intensity of your anxiety dropping within 2-4 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 with persistence and time, 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, online Do-It-Yourself program to overcome social anxiety. What I teach here is the basics, my online program is the advanced level.

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 for myself and my clients over and over I’ve put in the system.

In it I guide you via articles to uncover your own unique issues, and via audios and subtitled videos you tap along with me on screen. In 12 simple steps you slowly but surely release and let go of the underlying reasons for your social anxiety.

It’s my life’s work, and gets powerful results for most people:

"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 Sebastian, you’re actually pretty awesome :)
Best wishes,
M"

"Hey Sebastiaan, I want to thank you alot. The course is working really well for me. I am up to ‘10, Non Scary Exposures’ and i’m feeling very good. I still get nervous when i’m meeting new people but it’s not as noticeable, and I get over it after a few hours of being around them. While I used to get nervous around people that it’s not as noticeable, and I get over it after a few hours of being around them. While I used to get nervous around people that I’ve known for months and seen every day.

I even feel a lot more confident about everything in life. I applied for a assistant managers job at my workplace. And I got the job today. It’s a big deal for me because I would never have had the confidence to do that before I started the tapping. I've been hanging out with friends almost everyday after work. I feel much better and other people feel better around me.

Thanks so much for putting this course together. I honestly think that if I didn’t find this program then I would still be stuck with bad anxiety because I’ve tried many things and the tapping is the only thing that’s worked.

Cheers,
J."
“Dear Sebastiaan,

I want to take this opportunity to make a big thanks to you and all you have created with the "SCS". I am working with it since April, and it has helped me a lot, really changing completely my approach and feeling towards anxiety and inner fears. There is no way to describe the relief, the positive thinking and the good energy. I am really enjoying my inner changes.

Deep and total thanks!

warm regards,
S.”

If you’re a right fit for it, then this can significantly shortcut your journey to social confidence…

… 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.

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 multiple 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 with an experienced, empathic therapist can make you sufficiently emotionally stronger.

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

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

If you need therapy, then getting therapy is the fastest way to overcome your social anxiety.

To see if you’re a good fit for my online program, simply keep reading and following along.

All of this prepares you to make a well-informed intelligent decision if it’s for you, or not.

Conclusion here being: 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 email course on beating social anxiety.

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”.

And tapping is something that calms down your amygdala and teaches it there is nothing to fear!

In my experience Non-Scary Exposures (using tapping) is 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 upcoming experience.

If you can then 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 (in which case you can tap).

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

Reality check.

The *pleasure* of being able to connect with others, wake up feeling at peace, and having a satisfying relationships with others, can inspire you.

But, the *pain* of the suffering you’re in, missing out on life, constantly worrying, putting yourself down all the time, living a small life while you deep down know your life can be so much better…

… is often a better motivator.

So here’s the reality: You’re dealing with a problem that doesn’t resolve itself.

It’s impossible to ignore.

It doesn’t go away by itself.

And it poisons every area of your life.

Not nice to acknowledge that, but it is what it is.

And I have now given you some options to start getting out of this pain.

To gain massive relief.

And to change your life around.

If you want to live a life of peace and comfort, take action.

I can help you with 1 on 1 coaching (details at the bottom of my website, if I’m fully booked I’ll refer you to someone who can help you too).

Or I can guide you via videos, articles and audios using my online Social Confidence System (more details later).

Or you can even try to make some progress using my free resources.

You have options now. You can overcome this.

But nothing changes until you decide to change.

By starting TODAY you are getting to social confidence the fastest.

Ponder these three questions, they helped me commit to social confidence when I needed it:

1. What would your life be like in 5 years if you don’t take action at all?

2. What will happen to your life if you keep “only reading and keeping your head in the sand to your challenges?”

3. What would your life be like in 5 years if you committed to investing 30-60 minutes a day in resolving your social anxiety using tapping effectively?
Now I hope this has been helpful already.

And, there's more good stuff to come.

On the rest of my homepage I build forth on what you learned in this article.

You'll be show visually how to overcome your social anxiety step-by-step.

I'll demonstrate to you how the complex issue becomes easy when you break it down step-by-step.

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