

29. When I'm anxiety-free people will have higher expectations of me and it scares me

And this is yet another exercise that will be a lot easier to do once you have done some of the deeper work by going through the actual steps of the SCS because doing that will raise your confidence and self-esteem. And this higher confidence and self-esteem automatically makes you more calmly deal with high expectations.

AND...

The following thought sequence may be helpful for you. I start out where you may be currently at with your thinking, and I help guide your thoughts to a more realistic, positive statement regarding change:

I'm afraid they'll have higher expectations of me

What if there will be more pressure

I hate pressure

What if I can't deal with it?

I don't want more pressure

But what if I can simply say no to them?

What if I'll have the confidence to say no to their expectations?

And what if I'm only afraid of higher expectations now cause I'm looking at them from the lens of social anxiety?

What if I actually love the challenge once I have the confidence to go for it?

Wouldn't it be nice if my whole perspective changes as I my confidence level rises

It'd be really nice to feel confident about expectations

What if I only have a problem with expectations now BECAUSE I have low confidence?

What if I'll easily deal with expectations once I have the confidence to go for what I want

And what if I'll enjoy the challenge if I decide to want to live up to those expectations?

Wouldn't it be nice if it is all a lot easier than I expect it will be right now?

I choose to know I'll calmly deal with expectations once I am confident socially