



Overcome Social Anxiety

Course





Welcome to 'Overcome Social Anxiety' Course!

The purpose of this course is to help you be well and free to live the life you desire.

It is a course divided in 5 parts. We would recommend that you follow one part per week in order to get the most benefit from the course.

Are you ready to begin? Great!





Part One- Beliefs about Social Anxiety

The first point I am going to make is that everything begins in the mind: the way you think determines the way you feel and how you are going to behave. And the way you think includes: your thoughts, your beliefs, values, your self-talk, your language, the meaning you give to events.

So, if your feelings and emotions depend on your mind, by changing your way of thinking, you can change your feelings and emotions.

So, you can choose how you want to feel.

Simple, isn't it?

Now, I would like to ask you a few questions, and please be honest with yourself.

Please take time to answer these questions and, if you have time, please write your answers down. It helps you to get more clarity.





-What are your beliefs about social anxiety?

For example:

-Do you think you have a problem?

-Do you think you have to solve your social anxiety problem?

-Have you been trying to find out why you suffer from social anxiety?

-Have you maybe analysed the problem for years?

Now it is your turn:

I believe.....

.....

.....





Ok, there are a few beliefs that I am asking you please to embrace, in order to overcome social anxiety:

- * Social anxiety is not 'a problem', it is only a habit of patterns of thoughts, emotions, and behaviours
- * Social anxiety is not you. Do not identify yourself with social anxiety: it is only a habit of patterns of thoughts, emotions, behaviours
- * You do not need to 'be fixed', you just need to change patterns
- * You do not need to solve anything, as the more you focus on 'the problem', the more you stay there; you just need to change patterns
- * Do not try to understand the 'why' you suffer from social anxiety. Doing that simply keeps you there
- * Do not analyse the 'problem' as that will simply keep you there too

So, we have seen that what you think determines the way you





feel, but how fast can you change the way you feel? In a heartbeat, as I can change what I am thinking about in an instant.

Ok, let's do an example:

Do you remember when you were a child, how fast was for you to change from crying to smiling? Maybe once you fell and then your mother gave you a sweet? How fast was it?

Now, today it is absolutely the same. You just change the way you feel, that fast. It might seem that your 'social anxiety feeling' is an automatic habit, simply because it has been reinforced for years, but you can change it; what you need to do is break the old patterns over and over, choose a new one that makes you feel good and reinforce it until it becomes automatic; you simply do the same as when you created the 'social anxiety' pattern, but this time you are going to choose what you want to feel. You just re-condition your mind to feeling good.

And of course wanting to change the old patterns and letting go of social anxiety is absolutely a key.





Now, the fact that you have started this course is a sign of your commitment to change: well done! Keep going, you are doing great and you are going to overcome social anxiety, no doubt about it.

Ok, another key to overcome social anxiety is taking FULL responsibility for it.

-Do you think something outside you will 'cure' you from it?

-Do you blame other people for it?

Maybe you have been bullied or have experienced abuse or trauma in the course of your life, and this caused you to experience social anxiety. But in order to overcome it, you need to take full responsibility for your emotional state, yourself, your results and your life. You may not have caused the original 'problem', but you are responsible for changing it.

If I take full responsibility for something, I tell myself:
I have created it, so I can change it. It is very empowering.





So, stop blaming, stop complaining.

You have all the power within you to overcome it and feel good, but you need to take full responsibility.

That's it for part one and if you have any questions, please do not hesitate to contact us at: info@pgcoaching.co.uk.





Part Two – Are You Your Own Worst Enemy?

The theme for this week is 'are you your own worst enemy?'

One of the reasons why many people suffer from social anxiety is because they believe there is something wrong with them and with being who they are. This is the total enemy of self-acceptance, and if we don't accept and welcome who we are, we cannot feel comfortable in ourselves.

Sometimes what we have experienced in the course of our lives leads us to believe this: maybe because we have been bullied and we have picked up negative self-beliefs; maybe because of the pressure to conform in society; we feel 'wrong' because we are 'different'.

Ok, so what do you believe about you?

Please take some time to answer this question, as it is crucial to self-acceptance.





Let me tell you something: there is nothing, I repeat, NOTHING wrong with you and with being you. You are a wonder just because you exist.

Do you know that we are around 7 billion people on this planet and there has never been, there is not, and there will never be another you in the universe?

And let me ask you something else:

Do you believe that, in order to be 'cool', you need to be or behave in a certain way?

And this is a key question for many people as, once they realised this, all their social anxiety actually disappeared, as they understood that they could simply be themselves without fear and do what they liked.

Believing that you have to be, or behave in a certain way is simply 'society' pressure to conform, but it doesn't make sense. And if you stop for a moment you realise that's obvious: as we are all different, how is it possible that we





all have to be and behave the same? Mmmmmhhhh...

Ok, so you need to believe that it is perfectly OK to be who you are - and you are precious and special just because you exist - and behave as you choose, and actually this is your 'duty', as there will never be another you. And this means stop comparing yourself to other people, which only results in making you feel bad about yourself and beating yourself up; other people are simply other people and you are you. Do you feel freer? Good.

And this brings me to the next questions:

- How do you treat yourself?
- Do you forgive yourself or not?
- Are you kind towards yourself or do you beat yourself up?
- Do you forgive yourself or do you keep beating yourself up for something you have done, or you perceive to have done, maybe long after the event happened?

The way you treat yourself is the strongest factor which





determines how you feel. And it is easier to forgive other people than ourselves, isn't it? We can be brutal and unforgiving with ourselves.

But if you beat yourself up for who you are or who you are not, for what you have done or you haven't done, you are going to make yourself feel bad, guaranteed. And do you manage to accept yourself if you feel bad about yourself? And do you manage to love yourself if you keep beating yourself up? Mmmhhh... And also, what is overcoming social anxiety? It is feeling good and comfortable about you. But how can you feel good about yourself if you keep beating yourself up? So you need to accept yourself fully and unconditionally for who you are; you need to forgive yourself for everything: if you need to apologise to someone, just do it, and also apologise to yourself for having been beating yourself up for all this time.

So, let us summarise:

There is nothing wrong with you. Forgive yourself, and stop beating yourself up: this will help you to fully accept yourself.





Then you can behave as you choose. This will help you not to 'feel different' and be yourself without maybe some of the following fears: fear of being found out for being different, fear that you are not enough, fear that there is something missing in you,... you can be and do whatever you choose: you are you, and whole.

Then there is the way you treat yourself, that determines the degree of your self-love, and it is absolutely key in feeling good: you need to love yourself unconditionally if you are to make yourself feel good, and be kind to yourself: you need to treat yourself in a constant loving way.

The way you treat yourself is linked to the way you talk to yourself, to what you think about yourself, to your behaviour towards yourself.

So here are some questions:

- How do you talk to yourself? Are you kind or are you harsh?
- Are you supportive or destructive?
- Do you listen and respect yourself or do you disrespect





yourself?

I am going to ask you, over the next week, to pay attention to the way you talk to yourself, write down the thoughts; once you have written the negative thoughts put them in front of you and ask yourself: would anyone feel good if they were talking to themselves with these negative sentences?

And then change the negative thoughts in positive ones. Start re-conditioning your mind. You will feel much better very quickly.

That's it for part two and if you have any questions, please do not hesitate to contact us at: info@pgcoaching.co.uk.





Part Three – Be Yourself

The theme for this week is 'Be Yourself'.

Last week we saw the necessity of self-acceptance and self-love: the way you welcome yourself for who you are and the way you treat yourself.

In order to overcome social anxiety you need not only to treat yourself lovingly and say it is ok to be you, but you need to be yourself fully and love the way you are.

If you are yourself fully, you will be true to yourself and you will find inner peace. If you love the way you are, you will not compare yourself to other people, because you are content with being you. You will be yourself without effort; you will not 'struggle' to be someone you are not, feeling bad about who you are. You will be happy with yourself and love being you.

You will feel comfortable in yourself. Life will become easy and effortless. And when you experience something that is





effortless, it means that it is in tune with your true essence and purpose on this planet.

You will enjoy yourself, your life and other people and you will be able to create the life and the social life you desire.

So, are you ready for this week's journey? Let's go.

As we said earlier, you are unique, but:

Who are you? Have you ever asked yourself this question?

Please take pen and paper and take time to answer all of these questions:

What are your unique qualities?

• _____

What are your unique characteristics?





• _____

What are your unique talents?

• _____

What are your unique gifts?

• _____

What is your purpose here on this planet?

• _____

What do you want?

• _____





What do you like?

- _____

What do you hate?

- _____

What do you enjoy?

- _____

What brings you most joy?

- _____

What makes you most happy?





• _____

What do you love?

• _____

What feels right for you?

• _____

And more:

What are your values?

• _____

What's your code of conduct?





- _____

What do you stand for?

- _____

What do you believe about yourself?

- _____

I know these are a lot of questions and they will require quite some time, but please take the time to get to know yourself. You are the most important person in your life. Stop for a moment and think: who is the person you will spend your entire life with, guaranteed? The most precious gift you can give to yourself is developing the relationship with yourself.





And come back to the questions, again and again, and add answers, and maybe some will change. It is your life and it is very precious.

That's it for this week. And please take all the time you need to get to know the wonderful person that is YOU. You deserve it.

And if you have any questions, please do not hesitate to contact us at: info@pgcoaching.co.uk.





Part Four- Other People

Now, last week we talked about getting to know yourself; how about getting to know other people?

The first thing I want to talk about is FEAR.

Social anxiety has a lot to do with fear of people, fear of being judged for who you are, fear of being found out, that there is something wrong with being you, fear of being looked at, fear of experiencing the same things you experienced in the past...

Let me start by telling you something: the past DOES NOT equal the future. If you have been abused or bullied, what you have experienced in the past belongs to the past. If people abused or bullied you, the problem is with them, NOT with you.

In fact, if anyone judges another person negatively, the problem is with the judger, not with the person being judged. And let me ask you a question: are you not maybe





afraid of being judged negatively also because you think negatively about yourself and you judge yourself? And wouldn't you be compassionate if you met someone who was feeling anxious?

So, if the past is simply the past and if the fact that a person judges you negatively has to do with the person and not with you, and if you think positively about yourself, there is no more fear of being judged, is there? Great!

And how about thinking that actually you don't know what they think unless they tell you, as you are not a mind reader?

And if you thought that whatever other people think about you, it is their business, not yours, how would you feel?

And, as you can choose your thoughts...

How about thinking that they think well about you and they are happy to meet you? Would you feel better?

How about thinking that people are busy with their own lives, and they do not look at you all the time; wouldn't





you feel less self-conscious? And how about thinking that if they do look at you, it means that they like you?

As you can see, by the way you think you can make yourself feel better, so you have the power of making you feel good; use it!

Now, how about your social skills? First of all, what are social skills? Are they something one has to conform to or are they your own social skills, according to you?

Well, as we were saying earlier, there is not one special way one has to behave, so they are social skills according to you, to what feels right for you. You develop your own.

Now, how do you think you can interact with people and get to know new people? What's your belief? If you think you are bad at it, you will feel a lot of tension inside, you will beat yourself up and put yourself down. You won't feel well.

As you can see, what goes on in your mind comes out in your feelings. Now, how about thinking that you are doing your best and that you will get better? Would you feel better?





When you relate to other people it is very important not to compare yourself to other people, as everyone is unique.

As you are unique, it follows that other people are also unique, each with their own unique set of talents, qualities, characteristics, gifts, values, beliefs... and as you are responsible for yourself, every person is responsible for their own thoughts, emotions and behaviours.

As you have your own view of the world, your own way of responding to events, every person has their own way as well. And if you want to be able to communicate with people better, you need to step into their own shoes and see the world from their point of view.

It is very important not to judge anyone, but to develop an attitude of curiosity, acceptance and appreciation.

In fact, if you want to create connection with people, you need to give them what they need and want most, which is what everyone needs: to be accepted for who they are, to be appreciated, to be loved. It is that simple. And love is your true essence, so all is easy...





That's it for this week. Keep going: you are doing great.

And if you have any questions, please do not hesitate to contact us at: info@pgcoaching.co.uk.





Part Five – Putting It All Together

Welcome to the last Part of the 'Overcome Social Anxiety' Course.

The theme for this week is 'Putting it all together'.

We have seen in the previous weeks that there are some new empowering beliefs to embrace, i.e.:

- * To change things you need to take full responsibility for yourself and your life
- * Your thoughts determine your feelings and emotions and behaviours: you can change your feelings by changing your thinking
- * And so, as you are the master of your mind, you can choose how you want to feel at every moment
- * You can change your 'social anxiety feelings': they are





simply habit of patterns of thoughts, emotions, and behaviours

- * You can change your social anxiety feelings in a matter of an instant, by changing your thoughts: breaking the negative thought patterns and re-condition your mind to new thoughts and beliefs that make you feel good
 - * It is OK to be you
 - * You can be and do whatever you choose
 - * You are a very special, unique and precious person
 - * The relationship with yourself is the key to your happiness
 - * The more you are yourself, accept who you are, treat yourself lovingly and love the way you are, the more you will feel comfortable in yourself
 - * The past is simply the past: it does not equal the future
 - * If people 'judge' you negatively, it has to do with them,





not with you

- * People are basically good at heart and they are all simply striving to be happy, like you
- * You are doing your best and will get better in relating to people
- * Every person has a different way of 'reading' reality, and if you want to understand them better, you need to 'see' the world with their eyes
- * If you want to connect better with them, you need to give them what everyone needs most: to be accepted, appreciated and loved

Ok, so, how are you getting on? Do you feel better? Good.

Now that you are embracing these new empowering beliefs and developing a relationship with yourself, what could you do concretely if you find yourself in a moment of anxiety?

Let us suppose you have a meeting planned. Maybe you have to give a talk in front of people. You are thinking about it





and start feeling anxious, or perhaps you are already in a meeting and you start feeling anxious. If you are feeling anxious, it means that you are thinking some thoughts that create that anxiety in you.

So you need to stop thinking those thoughts.

Distract your mind. If you can, make yourself laugh, it will make you feel good instantly. And thinking about something that you know makes you feel good, something that you like, something that you are good at, something that you enjoy.

You will feel better.

Now, in a moment when you do not feel anxious, when you are relaxed, think about that particular situation: which thoughts could you have in your mind that would make you feel good? Decide what thoughts and beliefs would make you feel good, so that the next time you are in the same situation and you begin feeling anxious, you remember those thoughts and beliefs and you simply choose to think them: you will feel better. This is re-conditioning your mind.

Another thing that will help you is choosing your





physiology; the way you move your body is very much linked to the way you feel.

Now, stop for a moment and remember a moment in which you felt anxious: how was your breathing? How was your posture?

Now, remember a moment in which you felt good, really good: how was your breathing? How was your posture?

So, if you want to feel good instantly, you can assume with your body the posture you had when you felt really good and breathe in the same way.

Give it a try; it is a very powerful tool to make you feel good instantly.

And the last thing I would like to mention is being grateful; if you are grateful for who you are, for what you have in your life, for what you have experienced, you immediately relax your body and focus your mind on positive thoughts.

I really hope this course has been useful, you are feeling better about yourself, and it is enabling you to live the





life, and enjoy the life, you desire. You deserve to be truly happy and live a wonderful life.

That's it for part five and if you have any questions, please do not hesitate to contact us at: info@pgcoaching.co.uk





And very well done for completing the e-course and for challenging yourself to overcome social anxiety!

Have you found the course helpful? How are you feeling?
Better?

Please let me know if there is anything else I can do to help you be well and live the life you desire.

With all good wishes,

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Create an Extraordinary Life!

