

Destroy Your Social Anxiety Gremlins

8 Steps to Change Social Anxiety into Social Confidence



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Introduction

Firstly, I'd like to congratulate you on taking the first step to understanding, then overcoming your Social Anxiety gremlins.

This short book, 'Destroy Your Social Anxiety Gremlins' is the first step to unravelling your years of suffering.

Everyone has a different interpretation of what Social Anxiety actually is. That's because everyone's experience of Social Anxiety is different.

For some people, feeling a bit uneasy when visiting a new destination is social anxiety. For others they get cold sweats before public speaking. For others, having all their teeth out without anaesthetic, would be better than interviewing for a new job, or sitting through a job evaluation?

Unfortunately, the term 'Social Anxiety' covers a huge spectrum of symptoms. But, if you become nervous, stressed or anxious when you have to do something that means anyone else can have an opinion about your performance, you have social anxiety.

If you're anything like the many millions of people who suffer with social anxiety, you know that the symptoms

of it can result in lifestyle limitations, panic attacks, or even virtual paralysis at the most inconvenient times.

Well, it doesn't have to be like that. I can tell you that it's perfectly possible for you to become an accomplished public speaker, or smash your next job interview, or even be the life-and-soul of the party who radiates confidence and charisma.

I won't lie to you, there's not a magic potion, or simple switch to turn off your anxiety. There's no simple mantra that'll destroy your lack of confidence, or build your ability to excel. But, by wanting to change and by having the willingness to 'do the work', you CAN make the changes to break free from the Anxiety prison and enter a new, wonderful World of social success.

If you'd like, you can read my story at <https://stevegeorge.co.uk/about-me/>, but for now, just know that for many, many years, Social Anxiety affected my entire life. It even affected simple things like not being able to answer the telephone, or sing *'Happy Birthday'* to my kids!

Over the course of this book, you'll find a series of strategies to overcome your Social Anxiety. You'll also learn steps you can take to turn your current fears and anxieties into positive opportunities to grow and succeed in anything you try.

In time, you'll begin to wonder why you were nervous about these things in the first place.

I've tried to present the information in a logical way, and I've tried to stay away from 'Technical' language as much as possible. Hopefully, by doing that, these really quite complex ideas, will be easy to integrate into your life.

Above all, have fun with the exercises. Small steps make big changes.

Thank you so much for downloading this book and deciding to make the change 😊

So, if you're ready to begin... let's get started.

Chapter 1:

Opening the Door

A man will be imprisoned in a room with a door that's unlocked and opens inwards; as long as it does not occur to him to pull rather than push.

Ludwig Wittgenstein

Does it sometimes feel like you're living the life of a prisoner? As though you're trapped behind an invisible door that there seems to be no escape from?

The problem with an invisible door is that you can look out and see all the wonderful things going on around you, but you're powerless to interact with those things. You can see all the fun and success being enjoyed by the people around you, but you can't access those levels of freedom, because this damned door is keeping you inside!

The other issue with a door is unless you have the correct key, you're stuck inside forever.

So, over time you become accustomed to being on the inside. You begin to feel a strange comfort in knowing that while you're locked inside, nothing can hurt you. All the time you're living in your own secluded world, you're safe from predators,

Deep down though, you know that there's a fantastic world outside, if only you had the courage to explore. But, inside is safe and outside is the unknown. On the inside, you're in control, on the outside, ridicule and persecution is waiting for you. On the outside, people judge you!

The end result, is as soon as you try to exit the comfort of your 'safe-room', the imagined demons of the outside come flooding back to haunt you. As a result, you scurry back to the comfort and safety of your current existence. Not because you like it, but because it's safe and it gives you a sense of certainty.

And your life continues on as it always had.

Rooms that you can't escape from don't need to be constructed of brick and concrete.

The walls you build from fear and uncertainty can be just as strong as those built from brick, or stone. Your anxiety is making you a prisoner; it's keeping you in a prison that you've built to stop people hurting you.

What you probably don't realise, is that you've had the key all the time, you just weren't aware of it..... Until now.

Case Study:

For the sake of anonymity, we'll call this sufferer John.

John was happily married and had two young children. He did a job he enjoyed and everyone he knew saw him as a normal, well adjusted individual.

He had a normal childhood and a generally uneventful life.

What people didn't see, was that ever since childhood he'd been plagued by feelings of un-worthiness. He felt isolated most of the time and rarely did anything outside of work hours.

His social anxiety had kept him a virtual prisoner for years. He often wished he could do the things other people did. Hoped that one day, he'd be free of the chains that kept him locked inside.

It wasn't that he didn't want to do exciting things. He made plans, did the preparation, but then would back out at the last minute. Of course, there was always a good reason why he couldn't follow through with his plans. Something would come up, or there'd be a problem that he needed to fix, or he'd remember that there was something he needed to do first (*sound familiar?*).

Of course, all of these reasons were only excuses, but John didn't know that. He actually believed that these excuses were real issues. This is what happens when your sub-conscious mind is trying to keep you safe.

His social anxiety was affecting every aspect of his life. Wherever he went and whatever he did, he always felt that everyone was judging him. The feelings of not being enough were overwhelming for him.

The result? He couldn't see a way out, so he stopped trying.

He stayed away from social events, turned down invitations to attend parties. He even found excuses to miss any company meetings and events, just in case he was called upon to participate in anything.

He knew that the feelings weren't '*normal*', but didn't believe he could ever change. So, he went through life hiding away, because he believed nothing he did would be accepted by the strangers that controlled his life.

It's unfortunate, but John's story isn't uncommon. Social Anxiety Disorder is the third largest mental health care issue in the World today. The latest government figures show that SAD is suffered by almost 8% of the population.

Chapter 2:

What is Social Anxiety?

To diagnose Social Anxiety Disorder, a physician may use different techniques including, a discussion of your symptoms, how often they occur and in what situations, a review of a list of situations to see if they make you anxious and maybe a self-report questionnaire about your symptoms.

The **Diagnostic and Statistical Manual of Mental Disorders (DSM)** criterion for Social Anxiety Disorder includes things like:

- Persistent, intense fear or anxiety about specific social situations because you believe you may be judged, embarrassed or humiliated.
- Avoidance of anxiety-producing social situations or enduring them with intense fear or anxiety.
- Excessive anxiety that's out of proportion to the situation.
- Anxiety or distress that interferes with your daily living.

So, a diagnosis of SAD is made on the observation that the person being assessed experiences.... *"A persistent fear of one or more social or performance situations in which the person is exposed to unfamiliar people or to possible scrutiny by others."*

For a diagnosis of SAD, even though the sufferer is able to recognise that their fear is *'unreasonable'*, or *'excessive'*, the anxiety should have produced avoidance behaviours for at least six months.

Whatever you're level of discomfort in social situations, whether you're simply a shy person, or you don't have the confidence to go outside without having a panic attack, the underlying issue is a fear of evaluation.

And it doesn't even matter if all the evidence points to the evaluation being good, the perception will always be that it's going to be negative. It's this perception that causes the anxiety.

The most often reported situation is a fear of speaking up publicly. That could be standing in front of a group, or facing an interviewer for a new job. The usual symptoms including, sweaty palms, racing heartbeat, fidgeting, etc. all caused by the anxiety felt about being evaluated.

The usual adage of "***Fail to prepare and prepare to fail***" doesn't even hold true. If we look back at John's story, and imagine that he was asked to give a short speech at a friend's retirement party in a few weeks. He

will have plenty of time to prepare a wonderful speech. But also, he'd have plenty of time to consider the possible outcomes of the speech.

His social anxiety will convince him that everyone will be watching and judging his every move. That they're just waiting for a chance to ridicule and mock him and now he will surely be rejected as a failure by his peers and superiors.

What this means in practice, is that to remove the possibility of being hurt, John will try to avoid any situation in which evaluation by others may be a possibility.

Unfortunately, just about every situation you come across will have the possibility of evaluation. Whether it's standing up to give a speech, or ordering a meal at a restaurant, there's always going to be the possibility (*at least in the mind of the sufferer*).

The only solution is to stay away from all situations that will involve other people.

After a while, this avoidance behaviour becomes the '*norm*' and we get comfortable with it. In some cases, a person can become dependent on those behaviours, leading them to believe this is the only way they can survive.

This person becomes the prisoner I mentioned earlier.

So, that's the bad news....

There is good news though. Fortunately, our minds love to be right. No doubt you've heard term '*a self-fulfilling prophecy*'? This is essentially what's happening in the case of Social Anxiety. Briefly, we expect things to go badly, so our mind makes sure that it does.

Let's say for example, you were asked to collate some information for an internal meeting at your company. Let's further assume that your boss then asks you to "briefly go over the salient points" to the group.

As soon as you hear the words, you immediately think *"Oh no! I can't do it. All those people will be watching me. I'll get flustered and screw everything up"*

In an instant, your mind will go back through your memories and recall all the times you '*screwed up*' in the past. Those thoughts start the adrenaline flowing and before you know it, your anxiety kicks in and you'd probably start to sweat, you may feel faint, your heart would race and you'd be desperate to get away.

Similarly though, if you could train yourself to STOP for a second and consider that things could be different, take a moment to consider a time you've done something similar successfully before, your mind will search for times you were successful.

Obviously, your reactions won't change in an instant, and it probably won't stop you being anxious for a

while, but you have to remember that it's taken years for you to learn how to become anxious, stopping it will probably take a little while too. But, every time you do it, it'll get easier.

So remember, even though at the moment you're a socially anxious person, you can definitely change how you react to being evaluated. To suffer from Social Anxiety doesn't, by definition make you a prisoner. It is very possible to become free, but it will require you taking some small steps outside your comfort zone

In time, you'll learn new skills, you'll feel better about trying new things and you'll be more willing to consider new possibilities.

With these new skills, evaluations from others become simply opportunities to learn, and experience desirable consequences, instead of always expecting negative ones.

My underlying message here, is don't lose hope. No matter where you are on the overall spectrum that is Social Anxiety Disorder, you can re-train your mind to think in new ways, positive ways that'll set you free.

Remember that you have the key to your prison. The remaining pages of this book just help you work out how to use it.

Chapter 3:

Understanding the Positive aspects of Social Anxiety

"Being defeated is often a temporary condition. Giving up is what makes it permanent."

~ Marilyn vos Savant

Obviously, you don't want to be completely free of fear and anxiety. That would put you on the path to becoming a sociopath!

Being anxious is a good idea in certain situations. Fear and anxiety stops us making stupid mistakes, it stops us doing things that are clearly dangerous and surprisingly, it can also help in our relationships with other people.

Some of the things that being anxious can help with are;

People tend to trust you more. As Dr. Robb Willer, writes in the [Journal of Personality and Social Psychology](#), *"Moderate levels of embarrassment are signs of virtue. Our data suggests embarrassment is a good thing, not something you should fight."*

According to [this study](#), anxious people tend to have fewer accidents than people who aren't anxious.

Anxious people make good friends. A new study finds that while social anxiety sufferers think their friendships are not of the highest quality, their friends are much more positive.

An anxious person will also have concern for the feelings and concerns of others. Although too much anxiety about other people, results in discomfort for you, it's not the concern that causes the problems; it's the expectation of a bad evaluation.

In fact, Social Anxiety provides a person with added empathy and interpersonal relationship skills that employers nowadays are often looking for. The use of these skills has been shown to set people at ease and create a collaborative environment. A person, who sits at the lower end of the Social Anxiety spectrum, is more likely to excel at developing these skills which are now identified as necessary to be a top performer in every job from entry-level positions through to senior management.

So, there **is** a '*correct*' amount of anxiety necessary, to experience a happy life. With perseverance, and commitment you can find the right amount for you.

Even though Social anxiety is usually considered hurtful, it does have a bright side!

The key to overcoming the issues of Social Anxiety, lies in learning to channel your thoughts positively and

realistically and realise that the opinions of others are exactly that... just opinions.

Chapter 4:

Using CBT to resolve Social Anxiety

We're imperfect people trapped in an imperfect world, until we get to that place beyond."

~ Kathie Lee Gifford

As mentioned previously, the symptoms you experience with your Social Anxiety occur because of your expectation that you're going to have a negative experience.

Generally, you think you're going to have a bad experience because once upon a time (*so long ago that you may not even remember it consciously*), a similar situation ended badly.

When a strong emotion is connected to any situation, good or bad, the two are locked away in your subconscious as a unit from that point forward.

For example, let's say you were 10 years old. It's 10am and you're talking with your friends at school. You're telling them how much fun you had at the weekend going to the park with your younger sibling. You really didn't expect them to start calling you a little baby and telling you that you were too 'baby'ish', to play with them.

You felt terrible. You wanted the ground to open up and swallow you because you felt so embarrassed. You decide right then and there, that you're never going to let yourself be hurt like that again.

Now, 15 years later, even though you don't remember that day, whenever you're asked to talk to anyone, your palms start to sweat your heart races and you feel nauseous.

Unconsciously, all those years ago you built a belief that ***'Speaking to a group of people causes pain and embarrassment'***.

This belief is now hindering your life and you've had this problem for so long, that you may even believe it's part of who you are.

Social Anxiety affects people in different ways. It may be that you're fine with public speaking, but can't build up the courage to tell people how you feel about a situation you don't agree with, or you might refuse a promotion at work because you don't think you could cope with asking people to do things.

It will usually affect your decision making in other areas of your life as well. You may stop socialising with friends; you may only go to the supermarket in the evening, when there are fewer people about, etc.

Someone who suffers from Social Anxiety usually finds their self-esteem plummets and their confidence is almost non-existent.

However, there are clinical therapies that will help. The most well known is '**Cognitive Behavioural Therapy**' (CBT).

The basis for CBT is the interaction between our Cognition (thoughts) and our Behaviour (actions), and how by adjusting our actions, we can change our thoughts and by adjusting our thoughts, we can change our actions.

And so, by first understanding the thought process related to the anxious situation, we can decide on alternative options, thereby altering our behaviour.

If you recall, on the previous page, I mentioned that Social Anxiety affects different people in different ways. But, in most cases, the trauma that started it is usually fairly insignificant.

The reason that the Anxiety becomes so restrictive is because, as I said before, the mind wants to always be right. It may start off for example, that you subconsciously believe you will '*clam up*' when asked to speak at a conference.

You think about that and you feel stress. Your mind then takes the opportunity to search through your past memories, in an effort to prove itself right, and finds

any examples of when you've been speaking to a stranger.

It then says to itself, *"This was a time similar to the one I'm stressed about. I shouldn't speak in this type of situation either. That way I'm protected."*

Before you know it, just about every situation you come across, has relevance to your Anxiety.

Being able to change these thought patterns, is what makes CBT so powerful against Social Anxiety.

Although this short book isn't designed as a replacement for CBT, you can follow the steps provided to give you a very helpful start, in making some quite pronounced changes.

Chapter 5:

The Steps to Overcoming Social Anxiety

'Human happiness comes not from infrequent pieces of good fortune, but from the small improvements to daily life.'

~Benjamin Franklin

Even though CBT has proven to be a very successful tool for the relief of Social Anxiety, it's completely understandable that most sufferers never get treatment.

After all, the main restriction with Social Anxiety is the fact that the sufferer is usually determined to stay well clear of talking about their issue with a stranger. So, of course they won't want to expose themselves to the scrutiny of a therapist.

The steps that follow in the remainder of this book will start you along the path to at least, feeling better about yourself and boost your self-esteem.

Although the techniques are based on CBT, you don't need any prior knowledge of the subject to get very positive results.

All you need is to be honest with your answers and agree with yourself that you'll use the system consistently.

If you can agree to that, there's no reason why you shouldn't go from being completely tethered by your anxiety, to a socially successful powerhouse.

Step 1: Focus on Success

This first step is more of a preparation step, than a step in the system of change.

You've probably grasped by now, that over the years, the number of things that make you anxious, and the severity of the symptoms have grown?

This is mainly due to your mind fetching additional 'anxious' situations from your memory banks and building bigger and stronger walls to defend you against its *'imagined'* danger.

The first thing to do is get yourself a new notebook or a journal so you can keep a record of your progress.

Then, take some time and select a single, social situation that you'd like to change for the better.

Ideally, you'd choose something relatively small (*compared to your most stressful situation*). Something that only produces moderate levels of anxiety, because as well as helping you to change the way you feel about

this situation, you're going to be learning the system. Once learned, you can use it to address all your other Social Anxiety based issues.

Once you've decided on your initial situation, write it down on the first page of your notebook.

Step 2: Evaluating Your Current Condition

Once you've determined the target situation for your focus, you next need to evaluate the level of anxiety you feel in that specific situation.

Now, it's not just a simple case of writing down how you feel at the height of your anxiety. There are actually three specific situations in which you should do this evaluation and each one is equally as important.

Your initial evaluation should be when you're feeling calm, relaxed and completely free from symptoms of anxiety. This'll give you a '*rational*' baseline.

So, if for example, we continue to use our original example, (*public speaking*), then you should do this when you don't have any speaking responsibilities on your future calendar and your last one is sufficiently far behind you, so that it's not producing anxiety reactions.

Now note down everything you can think of regarding your previous public speaking experiences.

Try to recall as many details about your previous experiences as possible. For example, what were you thinking about? How were you feeling?

Don't get caught up in the emotions of the situation and don't try to push them away either. Just be aware of them and write them down.

Now that you have a baseline to refer to, the next stage is to repeat this process a few times as your next speaking engagement approaches.

This'll give you a scale of anxiety as your apprehension increases.

Then finally, complete the stage again a few times, in the days following that engagement as your anxiety diminishes.

Now, don't think you have to purposely arrange a speaking engagement just so you complete this task. If this situation happens often enough to be causing you a problem, no doubt it'll show up on its own before long anyway.

Step 3: Define Your End-Points

Step 3 is a simple, but important step.

Again, you need to be in a calm and relaxed state, free from anxiety.

Take your notebook and draw a horizontal line in the middle of a page.

This line will represent the scale of possible anxiety levels for your selected situation.

Now you have your scale, on the far left of the line put the number **1**. This'll represent the worst-case scenario. A scenario that's worse than you've ever previously experienced.

At this level, a Social Anxiety sufferer would maybe, visually shake, struggle to catch their breath, and collapse from the stress, etc. A **1** is incredibly bad.

Whatever it is that constitutes a **1** for you, write it down in your own words.

Now on the far right side of the line, put the number **10**. A **10** is the best case scenario. This is how things would be if you were completely at ease and free from the Social Anxiety; your ideal scenario.

Again, write down what constitutes a **10** in your own words.

And finally, divide your line equally between your 1 and your 10.

These will represent the stages that we'll define later.

Step 4: Define Your Current Position

As a sufferer of Social Anxiety, you fit somewhere along this line.

Looking at the definitions you wrote earlier, place a mark on the line where you think you are now.

Think about where on your scale, your current level of anxiety in your chosen situation, places you.

Don't worry about being right, or wrong... just be honest.

Usually, somewhere around a **2**, or **3** is average. If you think you're anywhere on the right hand side of your line, it might be worth reconsidering the severity of the symptoms you listed earlier.

If you see yourself around a **7**, or even an **8**, then the situation is just as likely to be an average reaction to a stressful situation, rather than a bout of Social Anxiety.

It may be time to pick a slightly more severe example.

Whatever number you are on the scale, summarise the feelings and symptoms you associate with this level.

This is your starting point.

Step 5: Define the Next Step

Now that you have a good idea where you fit on the scale, it's time to define what the next point on the scale would look like.

Let's say you put yourself at a **2** now. How would a **3** look?

How would the way you think be different? What would you be feeling if you were at a **3**? What would you be able to do then, that you can't do now?

Take your time and really explore what the next number on your scale would look like for you.

As before, be truthful with yourself. If you go easy on yourself now, there'll be little motivation to proceed. Of the course, the opposite is also true. If you make the jump to the next stage too difficult, you'll give up before you start.

There's no need to rush, you've no doubt waited years to get to this stage and a few more minutes isn't going to make a difference.

To give you a short example;

If we continue to use public speaking as a reference, let's say a **2** to you is as follows:

The symptoms you feel are;

- An inability to speak without stumbling words.
- Stomach pains
- Feeling nauseous
- Shaking knees
- Sweating palms
- Racing heartbeat

You feel like everyone is judging your performance and your SURE someone is going to start heckling you at any moment for being so useless. As soon as you begin to speak, you start to worry that maybe your research is wrong, or your views aren't valid, etc.

So, now you have your definition of a **2** (*obviously your definition will probably be different to this example*).

If you were at a **3** on your scale, how would things be different?

It might be small changes, for example maybe you feel confident that your research IS correct and you understand and believe that your view is as valid as the next persons, etc.

However you decide to define your next number on the scale, it must be "*right*" for you and it must provide a small but significant set of improvements in how you're thinking and feeling about the specific social situation.

Step 6: Define How to Get There

Congratulations on getting this far!

It's surprising how many people give up as soon as they have to start identifying their Anxiety causing problems.

This step is where the work really begins ;-)

Now that you've described your current reality, write it at the top of a new page in your notebook/journal.

Then, underneath your description, write down everything you COULD do, to help you reach that next stage.

The purpose of this section is to empower you to make the necessary changes. You're the only one who truly knows what your reality looks like. Therefore, only you can know what changes would work best for you.

Remember though, that you can't affect other people's views, so make sure you list things that you can change, or do.

For example, to help you feel confident when speaking you could have reference information available to cite during your talk. Eg: *"Dr. Joe Bloggs, in his best-selling*

book, agreed with my belief that.... ", or you may write a list of possible questions that the audience may ask, etc.

Give each of the action steps a date for completion. Without it, you won't feel obligated to move forward with your plans.

Ideally, the items you decide upon can be completed before you need to enter the social situation that distresses you.

Once you've got your list of items, decide on a plan to achieve each of them. Note down what you need to do and how long you think it will take to complete.

If at all possible, try to make your plan achievable within a couple of weeks. If it takes too long, you'll lose your momentum again.

Now it's time to put your plan into action. Give yourself an appropriate amount of time to complete the actions you planned. Then go on to the next section.

nb: Also, be sure to document, for your own reference, how well you feel you did, in carrying out each action in your plan.

Step 7: The Review process

Now that you've made sufficient effort in achieving your first action plan, it's time to evaluate how well you did.

To begin, go back to the original definition you gave for where you were when you started this exercise.

Make sure you read through it carefully, so you can fully understand what you felt about that situation at the time. Now look at how you think your reactions to that same situation are now. Have your feelings changed at all?

If they have, does your current reaction to that same situation move you up to the next level on your scale? Are your new feelings worthy of a movement one number up the scale yet?

If you feel that your level of anxiety has moved you up the scale, it's now time to try your newly found strength in the real world :-)

Obviously, your trial situation should be controlled somewhat; for example, if you're struggling with speaking in public, you could try speaking to a group of friends about a subject you're passionate about.

As before, don't forget to document your pre- and post-experience thoughts and feelings.

Once the experience is over and you've written down your thoughts and feelings, you can compare them to the original ones you wrote down in step 2.

Alternatively, you might find that you've completed your action plan, but don't feel very much further along than you were in the first place.

If that's the case, you need to try and determine why you think that is.

Question if your original plan was testing enough for you, to push you forward sufficiently?

Give each item on your plan a once over and make sure that each step moved you outside of your comfort zone slightly. It's unfortunate, but the only way to grow and expand your definition of what's possible for you, is to step into the unknown a little every day.

As you're looking through your previous steps, document what you find, or suspect in your notebook.

Once you've identified the reasons you didn't reach the target, re-evaluate your plan and adapt it to better suit the difficulties you faced this time.

It's also entirely possible, that you've moved radically past the stage you were at before, even though you didn't achieve all of your action steps from your plan.

Again, it's important to try to understand what gave you the impetus to move forward. So, again look through the steps you completed and try to work out which of the steps gave you the drive you're noticing.

If you're feeling up to it, you could even arrange for a slightly more stringent test to try out your newly found confidence.

As before, write down what you discover in your notebook.

Whatever it is you find at the end of this exercise, please remember that there's no right or wrong result. There's not a specific timescale for changes to take place either. Everyone is different and the techniques used by different people will provide differing results depending on the nature of that person.

That's what makes documenting your individual results so powerful. It gives you a view into what's working, or not working in your individual circumstances.

You are in absolute control of everything, from defining the outcomes you want, to deciding on your plan of action to get there.

If you do find you're struggling to progress as quickly as you'd like and you're not sure why, take time to speak about it with a trusted friend. A close friend will often be able to provide some useful and supportive perspective.

Step 8: Go Through the Process Again

Now that you've got an idea of the process and you've completed your first stage, it's time to go back to **step 4** and set your plan to move another step forward, toward complete confidence.

The more you work your way through this system, the easier it'll get to examine each stage and then set up the tasks you need to achieve, to reach them.

The process you'll go through is exactly the same as the one you've just completed. The only difference now of course, is you have a new starting point and a new target to achieve.

You'll most likely be going back through this process several times, before you achieve your final target of complete confidence in your chosen area.

Don't get drawn in to disappointment along the way. Choose to celebrate every success in the process of achieving your final target.

Remember to write down your achievements as they happen, no matter how small, or seemingly inconsequential you think they are.

The process of simply moving from where you are now, to one millimetre further up the scale is a success. Even if you're able to recognise a particular emotion, instead

of only feeling the anxiety it causes, is a step in the right direction.

Don't 'beat yourself up' because progress isn't going as quickly as you anticipated. As long as you're always going forward, your success is assured.

Chapter 6:

Keep Moving Forward

In this chapter, I'd like to go over a few things you may encounter as you progress through the system. Also, I've included some notes to help you use the system to its best advantage.

You might occasionally find that a particular step isn't going as well as you'd planned. Rather than treat that experience as a failure, see it as a learning experience and try to identify if there's a more suitable way of achieving the same result.

Provided you continuously evaluate where you are and identify how you will get to the next step, the only variable on your route to success, is time.

Next, it's a good idea to record as much information as you can about your experiences during the course of your journey. Detail your thoughts and feeling as you try different experimental situations, for example.

Make a note of how you're feeling a day-or-two before the situation is booked for, then again just before it begins, etc. You can then use this information to build a better picture of your progress.

It'll also be helpful to note down any negative thoughts or feelings you're having, before, during, or just after the situation as well.

It's a fact that 'success, breeds success' and as you move forward, the power of each success builds on the previous successes. The further along your journey you go, the more speed you'll pick up along the way.

Because of this, there may well be a time, where you don't find it so necessary to precisely document every action thought, feeling, task, etc.

By that stage, it's normally completely fine to just write a daily note about your progress, etc. in a journal, or in your notebook. However, if your progress slows, go back to documenting everything again for a while.

Once you've reached a point where you're more comfortable dealing with the chosen situation, it's perfectly okay to begin working on another anxiety causing situation. You don't have to wait until you've reached a **10** on your scale, to start work on another issue.

The next tip, is to always remain focussed on your ultimate goal. The world renowned, success and personal power speaker, [Anthony Robbins](#) tells us that you will achieve whatever you put your full focus on.

Don't lose sight of what you ultimately want to achieve. This system of steps is really just a ladder to help you

achieve that overall dream. Each step that you make should be taking you closer to that final point.

And on that note, it's time to hand the reigns over to you. Only you know your starting point and only you know the stages and steps that are right for you, to achieve success.

Again, never lose sight of each task successfully completed, build on those successes and use any setbacks as a chance to learn and achieve more next time. Focus on your ultimate goal and celebrate your wins!

Accept where you are now, focus on where you want to be and with the right work, persistently applied, you can bring about the change you want in yourself.

Conclusion

Thank you again for downloading and reading this book!

Hopefully, this book went some way to helping you to understand that it's entirely possible for you to become the confident and self-assured person, you've always wanted to be in social situations.

The next step is to take massive action and put everything you just learned into practice. Your new, confident and fulfilling life is waiting for you.

To your unending success,

Steve

Other Stuff by Steve George PhD

You can find a whole range of ebooks, worksheets, etc. at the ConfidenceUncovered.com Website

Some of the things you'll find are;

- Simple Steps to Supreme Self Confidence
- How to set SMARTER Goals
- Self Improvement for a Successful Life
- The Confidence and Personal Success Workbook
- Anxiety and Stress Management Worksheets

and much more.