



OVERCOME SOCIAL ANXIETY

**GET YOUR LIFE BACK WITH MY
10-WEEKS PROGRAM**

Live Your Life To Full

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ANXIETY/](https://anxietycourse.com/overcome-social-anxiety/)

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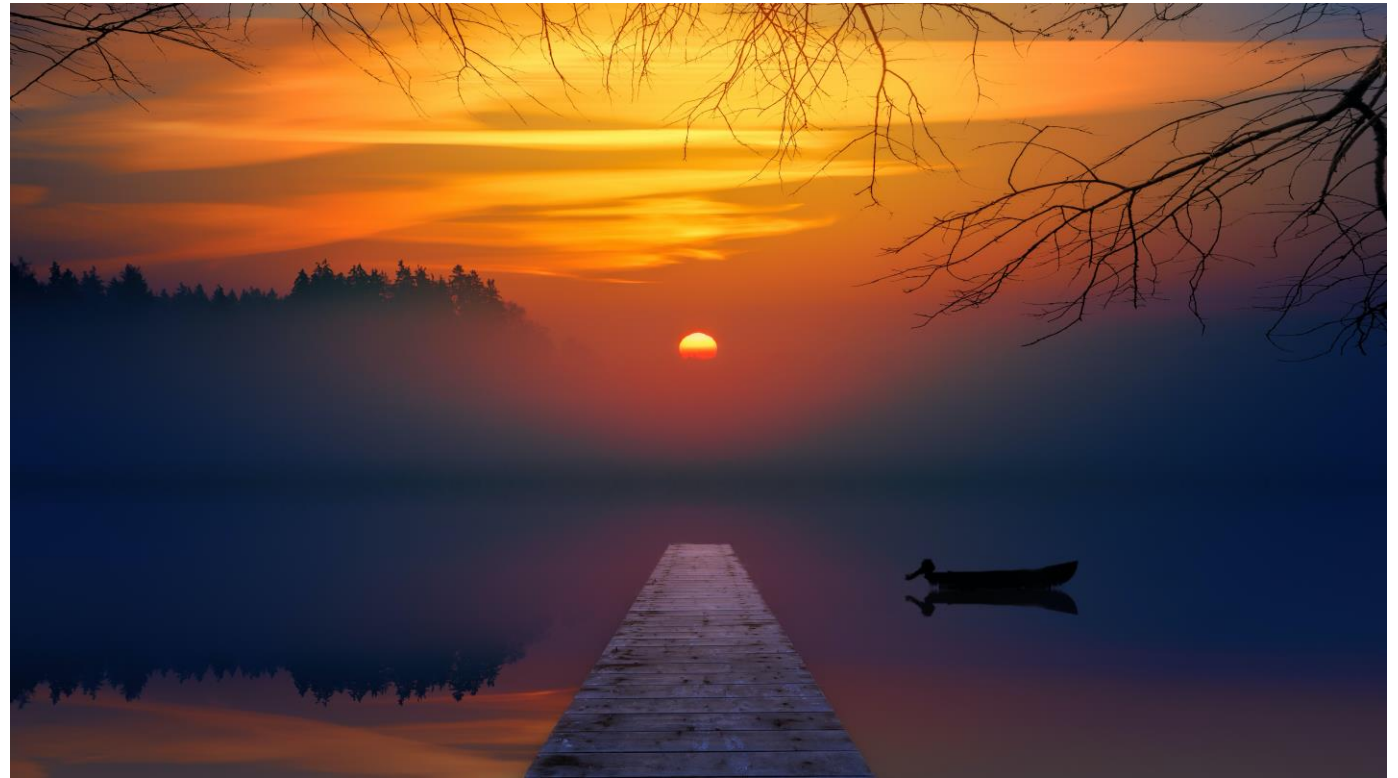
Overcome Social Anxiety

Transformational
Psychotherapy and
Coaching Program

10 weeks – 90 minute live
weekly sessions

Robust Relapse &
Prevention Plan

Blueprint of all the tools
and techniques covered



Let me just
start by
saying:

I know you don't care about what goes into a program like this.

When we have a new phone, we don't care how many hours were spent on designing it, or who developed | designed it.

We only care about the product.

You and I only care about the RESULTS you achieve while completing my program. I get it.

This guide was created with one purpose:

To prove this is a proper, psychotherapy-based program that **WORKS.**

Summary of transformational skills you
will master during your program:

1. Understanding Social Anxiety.





2. Thought challenging:



Our initial negative thoughts may ‘just’ be thoughts rather than facts. In Session 2, we will practice ‘tuning in’ to your specific negative thoughts and images about social situations; learn how to start looking for contrary evidence that does not fit with your thoughts, and start to consider alternative, more realistic thoughts.

3. Behavioural experiments:



Avoiding situations that trigger our anxiety stops us from directly testing our negative thoughts and therefore keeps our social anxiety going.



Sessions 3 and 4 introduce behavioral experiments to directly test your negative thoughts. Behavioral experiments involve:



- Being very specific about your predictions



- Planning how you could test the predictions



- Carefully considering what evidence you need to observe to check how accurate your predictions are



- Doing the experiment



- Reflecting on the results



- Making conclusions based on the results

4. Dropping safety behaviours

In Session 5, we discuss the importance of dropping safety behaviors.




We use safety behaviours to prevent our fears from coming true...or so we thought!



Safety behaviours actually keep our anxiety going because they are just more subtle forms of avoidance.



They also keep us self-focused, can create negative evaluation rather than prevent it, and ultimately stop us from directly testing our fears.



If things go well, we conclude that the safety behaviour saved us...rather than learning that our fears were just less likely to happen than we thought.

5. Attention training and focusing:

When our attention is focused on ourselves and/or looking for threat in the environment, we cannot be focused on the task at hand.

Self- and environment-focused attention just distracts us from the task we are engaged in (e.g., conversation), which is then likely to affect our memory of the social situation in three ways.

First, we are only likely to remember negative aspects of the situation (e.g., how anxious we were feeling) because that's what we were most focused on.

Second, we are likely to miss positive aspects of the situation that would challenge our fears (e.g., positive feedback from others).

Third, it is going to be much more difficult to keep up with the task at hand (e.g., topic of the conversation) because we are so distracted with ourselves.

In Session 6, we learn how to be more aware of where our attention is (attention training) and how to shift our attention back onto the task at hand (attention focusing).

6. Video-feedback (Challenge negative self-imagery):

IT IS COMMON FOR PEOPLE WITH SOCIAL ANXIETY TO OVERESTIMATE HOW NOTICEABLE THEIR ANXIETY IS TO OTHERS.

FOR THIS REASON, IT CAN BE HELPFUL TO CONDUCT A BEHAVIORAL EXPERIMENT TO TEST OUT HOW OBSERVABLE YOUR ANXIETY IS WHEN YOU ARE ANXIOUS.

SESSION 7 WILL INTRODUCE AN EXAMPLE OF A GOOD WAY TO DO THIS. WE WILL EXPERIMENT WITH SELF-RECORDINGS, TO SEE IF YOUR 'SELF-IMAGE' IS ACCURATE OR NOT.

YOU MAY LEARN THAT EVEN WHEN YOU ARE HIGHLY ANXIOUS, YOUR SYMPTOMS ARE NOT AS OBVIOUS AS YOU THINK, AND THAT YOU DON'T NEED TO BE TOO CONCERNED ABOUT OTHER PEOPLE NOTICING YOUR ANXIETY.



7. Identifying and challenging my core beliefs



Core beliefs are often at the root of unhelpful thoughts that are particularly difficult to change.



In sessions 8 and 9, we will look at core beliefs and how to change them.



This involves the use of the **downward arrow technique** to identify your core beliefs, challenging these core beliefs by looking for evidence against them, and strengthening new, more helpful core beliefs by developing action plans.



Next, we will **develop a plan for recognizing early warning signs of a setback in your social anxiety so that you can 'get back on board' with the strategies and continue moving forward towards your values and goals.**

8. Dealing with Setbacks (part of the Relapse and Prevention Plan):

As you continue to apply your new skills, it is important to recognize that you can expect some ups and downs along the way.

The road to recovery is rarely a smooth ride. It is normal to experience setbacks in your social anxiety from time to time, for example, if you experience a particularly difficult social situation or if your life circumstances change so that you are not getting as much exposure to social situations.

The important thing is how you respond to these setbacks, not that they have occurred in the first place.

Try not to focus too much on any setbacks that you experience. Instead, focus your attention on what you will do next to get back on track. If you respond to a setback by thinking in unhelpful ways like “I’m back to square one” you will probably start to fall back into old habits.

If you try and learn something about the experience, then you can use this information to build resilience over time. It may be helpful to create a personalized Dealing with Setbacks Plan to help you to recognise the signs of a setback and take action as soon as possible. This way you can prevent a small setback from turning into a large one

Remember that avoiding social situations plays a large role in maintaining social anxiety. Therefore, it is important to remember that the main reason for identifying potential triggers for your social anxiety is not so that you can avoid your triggers.

Rather, by being aware of your early signs and potential triggers, you will be in a better position to “spot” a setback in your social anxiety and then take early action to prevent it from becoming worse.



To maintain your progress and build on what you've achieved so far, continue to apply the strategies you have learned during your program:

- Thought challenging

- Behavioural experiments

- Stepladders

- Dropping safety behaviours

- Attention training and focusing

- Developing a more accurate self-image of how you appear to others when anxious

- Challenging negative core beliefs

- Acting consistently with new, more positive core beliefs.

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Start with Complimentary Consultation at:

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