



OVERCOME SOCIAL ANXIETY

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

Live Your Life To Full

[HTTPS://ANXIETYCURSE.COM/OVERCOME-SOCIAL-
ANXIETY/](https://anxietycurse.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



£1100

ALL INCLUSIVE

(CAN BE PAID IN TWO INTEREST- FREE
INSTALLEMENTS)

Summary of transformational skills you
will master during your program:

Week 1: Understanding Social Anxiety.





Week 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.

Weeks 3 and 4: 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

Week 5: 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.

Week 6: 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).

Weeks 7 and 8:

Assertiveness Skills

FACT: SOCIAL ANXIETY SUFFERERS ARE PEOPLE-PLEASERS.

BECAUSE OF THAT, THEY ARE UNABLE TO ACT IN ASSERTIVE MANNER IN SOCIAL SITUATIONS, IN BOTH PERSONAL AND PROFESSIONAL LIVES.

THE INVALUABLE ASSERTIVENESS (COMMUNICATION) SKILLS WE WILL LEARN DURING THE NEXT 2 PROGRAM SESSIONS WILL GIVE YOU CONFIDENCE TO STAND UP FOR WHAT YOU BELIEVE IN, TO SAY 'NO' IN SITUATIONS AND TO DEAL WITH CRITICISM ASSERTIVELY.



Week 9:

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.

Week 10:

Dealing with Setbacks & 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



RELAPSE & PREVENTION PLAN FOR THE FUTURE

Collection and detailed summary of all the tools and techniques we've covered (your own 'ToolBox');

Detailed instructions on what to use in different situations;

Recognising anxiety triggers, being able to pause the autopilot;

And much more.



Start with Complimentary Consultation at:

<https://anxietycurse.com/overcome-social-anxiety/>
