



The #1 Reason People Never Beat Their Social Anxiety Is...

The following information has taken me over a decade to discover. When I heard that it was possible to overcome my social anxiety and be confident around anyone I made an important decision.

I decided to achieve it no matter what. Even it would take me my whole life to get there. I made it my life's sole mission to get there. I even tattooed my hand with a little cross to remind me to keep going until I was anxiety-free.

And I have made it. And since the common understanding is that you can't overcome your anxiety, I went really deep to get there. I tried everything under the sun.

I've invested over 40 000 euros in therapy, coaching, workshops and world-class guidance.

And after thousands of hours of coaching and being coached, researching the concepts and strategies of the famous therapies, being immersed in the study of social anxiety and the solutions to it, testing and experimentation with clients, and being obsessed about finding out what works consistently, I have come to the following understandings.

They may be new to you, and you may not all understand it in your first read. I highly recommend reading it at least twice.

This information can change your life. Especially once you start putting it into practice.

Let me start by telling you a story of a typical client I worked with. Let's call him "James".

When I spoke with James he told me he had tried everything to overcome his social anxiety disorder. And nothing had truly worked. He, like many others, believed he was a "tough case".

He felt hopeless, frustrated and depressed.

He believed there was something terribly wrong with him. And he feared he'd have to live with his social anxiety for the rest of his life.

He had done all the work. He had seen a variety of therapists, read the social anxiety books and tried out several of the famous self-help programs that promise to beat your anxiety.

He had even followed a 3-week group boot-camp with a CBT therapist who specialized in overcoming SAD.

He had faced his fears. He'd done affirmations until he was blue in the face. He had even tried the basics of the technique I told you about. Basically, he had tried anything and everything that was recommended.

Still nothing worked. Maybe you can relate...

So why is this?

Because when you're fighting your social anxiety, you are fighting the wrong problem

What?

That's right. I've discovered this after years of forcefully facing my fears and fighting my social anxiety:

Your Social Anxiety Is Not The Real Problem!

Your anxiety is merely a *symptom* of a deeper underlying problem.

So if you're fighting your anxiety, you'll never win.

It's like continuing to take painkillers for a splinter in your finger. The pain might dissolve for a while, but when the pain killer stops working, the pain is back!

You need to address the cause of the problem. You must remove the splinter.

To understand this better, let's start out with why you experience anxiety in the first place.

You experience anxiety because your subconscious mind –the deeper, far more powerful part of your mind that rules the show- perceives you to be in danger in social situations.

And to protect you from this danger, it fires off an inbuilt, automatic early-warning system referred to as the fight, flight, or freeze (FFF) response.

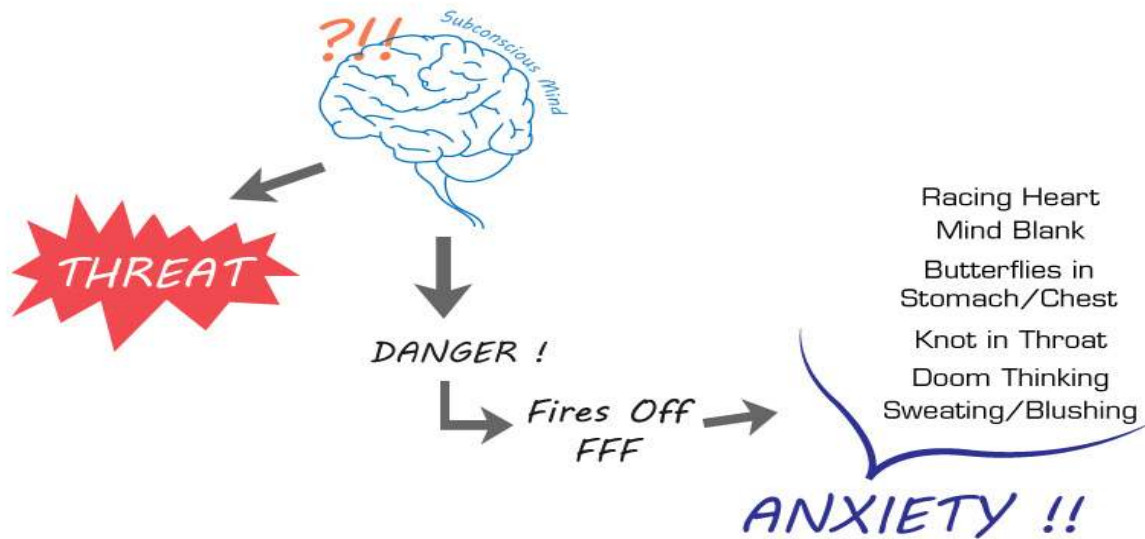
Every time this FFF response is activated, adrenaline gets pumped through your veins. Blood rushes away from your head and your digestive system into your outer limbs. And your throat tightens up.

Your heart races a hundred miles per hour, your mind blanks out and you feel a knot in your stomach or chest.

You find yourself doom-thinking and you see everything through the filter of possible danger. You're hyper-alert to whatever you fear might happen. This is the FFF being activated.

All of these symptoms enable you to fight, run or hide from the danger your subconscious mind perceives.

You might recognize these symptoms as what we generally call "anxiety".



Now because the anxiety is what we're most aware of, we tend to fight the anxiety. But what you should know is that the anxiety you experience is only a *symptom* of a deeper problem.

So What Is the Real Problem?

We've established that anxiety is not the real problem. Anxiety is simply the set of feelings and physical symptoms you experience when your FFF is activated.

Let's take a closer look at what happens in a typical FFF activation:

1. Your subconscious perceives a danger or threat and fires off the FFF response.
2. That FFF response sets off feelings of anxiety to prepare you to deal with the immediate threat.

Most SAD sufferers are too busy dealing with the aftermath of the FFF response (the pain) to question what caused it to go off in the first place (the cause of the pain : the “splinter”).

And yet *what caused it to go off in the first place* is what’s at the root of the problem.

When your subconscious perceives that you are not safe, it will activate your FFF response. This causes your anxiety symptoms to surface.

You can therefore try to get rid of anxiety symptoms all you want, like James did, but until you *address what activates your FFF response* you’ll never completely overcome your anxiety.

So the real problem is not your social anxiety.

The real problem is that **your subconscious mind perceives that you are not safe in social situations.**



And because your subconscious mind thinks that your anxiety is warning you away from actual danger, it’s not going to give up that response.

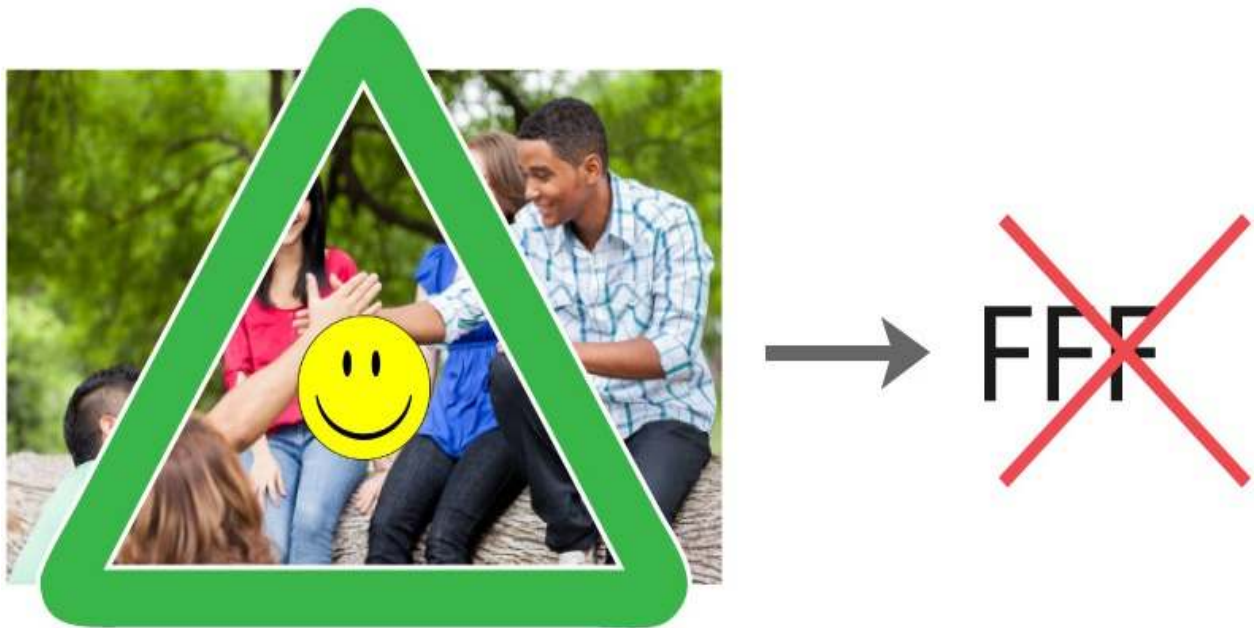
Just as it wouldn't give up using the same anxiety symptoms to warn you if you're inside a burning house. It believes you need the anxiety to keep you safe.

It's your subconscious mind's prime directive to keep you out of danger. And it believes it's keeping you out of danger with the FFF response to certain social situations.

And so it's not going to give up that response.

No matter what you do.

It's only going to stop firing off the FFF response once it believes you are safe in social situations.

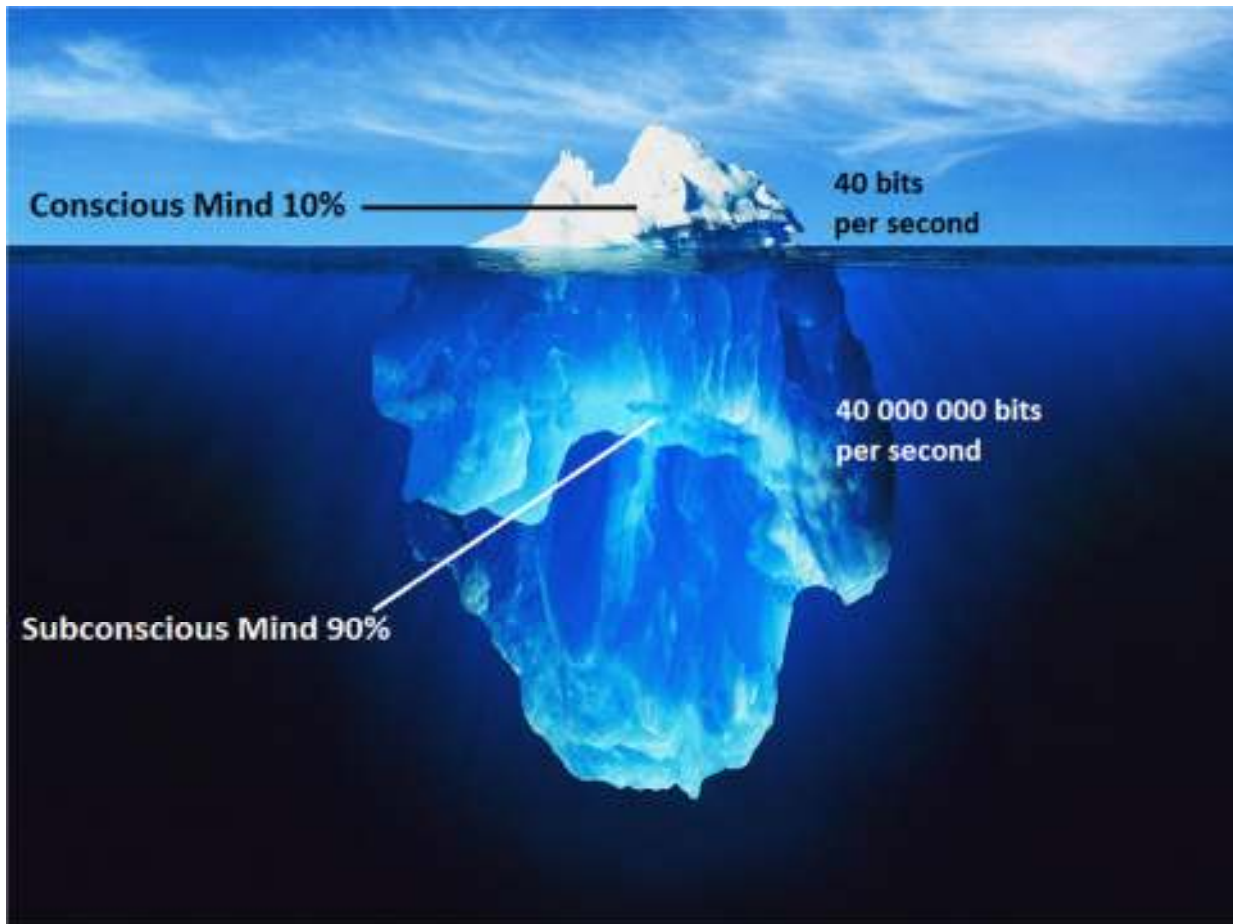


Let's go back to James. He had been fighting this subconscious resistance. And the subconscious mind was far more powerful than his conscious wish to overcome his SA.

And so he was fighting a losing battle, because...

The Subconscious Mind Rules The Show!

To give you an idea of the power of the subconscious mind, it processes 40 million bits of information per second, whereas your conscious mind only processes 40 bits per second.



Your conscious mind is capable of 3-5 unimportant tasks at the same time and only 1-2 important ones. Your subconscious mind can do several thousand tasks at the same time.

Your subconscious holds every detail of every event that's ever happened to you.

It maintains all your bodily functions, your metabolism and it does all these things on autopilot so that you don't have to consciously think about them.

And did you know that over 90 percent of your mental activity is *subconscious*?

So even though you consciously want to overcome your social anxiety, as long as your powerful subconscious mind believes you'll be less safe without it, no matter what you try or how hard you try, you won't get the permanent results you want.

So with James we had to overcome this subconscious resistance because it kept him stuck. Once we did, he started to make big improvements and was finally able to overcome his SAD.

What Is Subconscious Resistance Again?

I'll go into more depth on this later down the line. Because you need to overcome this in order to become anxiety-free.

But in short, subconscious resistance is your subconscious mind -the deeper, more powerful part of your mind- resisting something you are trying to achieve consciously.

In your case, it is specifically resisting your letting go of social anxiety.

WHY does it do this?

It does this because its primary job is to keep you safe. To move you away from what it perceives may cause you pain or harm.

Currently it believes social situations cause you pain.

It believes you are not safe in them, and it believes firing off the FFF response is actually protecting you from (social) "dangers" that may bring pain such as:

- getting rejected or being disapproved of
- being embarrassed
- looking foolish
- getting criticized
- experiencing conflict
- being hurt
- being ridiculed/made fun of
- not being accepted/liked
- being seen uncomfortable
- etc.

And since it believes firing off the FFF is serving you, your subconscious mind will overpower whatever attempts your conscious mind makes to get you anxiety-free.

It is the more powerful party, after all.

So even though you consciously want to overcome your social anxiety...

... as long as your powerful subconscious mind believes you'll be less safe without it, no matter what you try or how hard you try, you won't get the permanent results you want.

As long as your subconscious is resistant, it will make sure you won't change.

In Order To Permanently Overcome Your Social Anxiety You Need Your Subconscious Mind To Agree With Your Conscious Wish To Be Anxiety-Free

There are some schools of thought that teach you to use your conscious mind to fight your subconscious programming. They say you should force yourself to do certain things to "go against your anxiety in order to beat it".

In my experience, both personally from having overcome a severe social anxiety disorder and professionally from having coached many socially phobic clients, that doesn't work.

You might get some results, and it may work for a while. It may bring some limited relief. But the results are not lasting because it doesn't "remove the splinter".

Only using conscious efforts to overcome your anxiety is like swimming upstream: You can effort it for a little while, but eventually you'll exhaust yourself.



In order to permanently eliminate your anxiety you need to get conscious and subconscious agreement that being free of your social anxiety is safe and beneficial for you.

Once you achieve this, you can enjoy effortlessly floating downstream and more easily and quickly get to your goal of releasing your anxiety forever.

So How Do You Do That? How Do You Overcome The Real Problem?

I've discovered there a roadmap to go from social anxiety (disorder) to social confidence.

I have broken down the journey into easily manageable steps. The amount of steps is different for everyone, but the roadmap is the same for everyone.

Anyone can become anxiety-free with persistence.

You're not born with this. You may have been born with a tendency for shyness, but anxiety is something that is learned. And it can be unlearned as well.

I have done it. My clients have. So can you.

Want to know how I helped James overcome his social anxiety disorder? Want to know what the 9 steps are to achieving *effortless* confidence in all social situations?

Go here:

<http://www.social-anxiety-solutions.com/how-to-beat-social-anxiety-and-be-socially-confident/>

Kind regards,
Sebastiaan van der Schrier

