If you are aware that you’ve been suffering from a social anxiety disorder and have tried anything and everything, to no avail…

… or if you’re a practitioner who has struggled with helping people overcome a social anxiety disorder…

…or if you just want to know more about how to overcome a complex issue using EFT…

this article will help you.

I am 26 years old and I suffered from social anxiety disorder myself for nearly a decade. It massively impacted the quality of every relationship in my life and it massively impacted the quality of my entire life.

It took me on a long journey of isolation and the suffering that came with it. It took me on a long journey of low self-esteem and the pain of that.

It took me on a long journey of commitment to dig deep within myself, to face my inner demons and to do whatever was necessary so I could live life to it’s fullest; so that I could find and be my true and happy self.

What eventually turned my life around? I found and applied EFT “in the right way”. I say “in the right way” because once I found EFT and tried it, I did not experience the immediate success that so many people experience. Not at all. It took patience and commitment for me to realize that “the right way” for me...
Social Anxiety Disorder (Continued)

was different than “the normal way” for others. Still, I persisted because I was convinced it would work for my struggle too. It had to...

Eventually I succeeded in finding my true self, in feeling comfortable, confident and at ease interacting with people and being in social situations.

My journey has been so empowering that I committed to sharing it with others who are suffering in the same or similar ways; I committed to mastering the art of EFT and applying it to clients with Social Anxiety Disorder.

After nearly 5 years of experience with EFT, and two years of solely working with clients suffering from Social Anxiety Disorder, I have created a formula for success and that is what I am writing to share - the insights I have gotten from my own journey, and the insights I’ve gotten from working with a lot of clients, helping them to get to “social confidence“.

I call this system 8 Steps to Social Freedom. By following it, your journey can be a lot shorter than mine, giving you the opportunity to live life to the fullest as soon as possible.

Lets begin with the basics.

**What is Social Anxiety and what is the difference between Social Anxiety and Social Anxiety Disorder?**

The biggest difference between social anxiety and social anxiety disorder is the severity of the anxiety, and how debilitating it is.

Most of us have actually experienced some social anxiety at some point in our lives. It is common to have some anxiety in certain social situations or social interactions. It is normal to have some concern or fear of negative judgement.

For instance, maybe, at one time you have been worried or concerned about an important conversation you were going to have with your boss. Or maybe you’ve felt a bit apprehensive in a “new” situation, one where you didn’t feel “at home”.

When you tap along with a group of others whether live or recorded, you will experience “borrowing benefits” whether or not you are the “primary tapper”. So always tap along!

“Just don’t give up trying to do what you really want to do. Where there’s love and inspiration, I don’t think you can go wrong.”

-Ella Fitzgerald
Social Anxiety Disorder (Continued)

Or maybe you’ve experienced some discomfort meeting new people?

If you can relate to any of the above, or to situations like these, relax! You’re not alone. A lot of people have normal levels of social anxiety and are able to deal with it. For them it doesn’t have a major impact on the quality of their life.

However, people who suffer from social anxiety disorder or SAD (which can also be referred to as social phobia) live with a constant and intense fear of being judged, and are more-or-less totally terrified of embarrassing or humiliating themselves in social situations. They feel a need to present themselves in a particularly favourable manner and, at the same time, feel totally incapable of being able to do so.

People with SAD constantly walk on eggshells in social situations. They constantly worry about anything and everything related to socializing. They are constantly anxious about the next socially negative experience they expect will happen. And because of this, anything and everything in their life that involves other people is something they prefer to avoid.

Can you even begin to imagine how isolating this is, how devastating this is, how massively this impacts the quality of their life?

On the surface they may seem normal, but inside they are fighting an enormous emotional battle, unaware they’ve imposed it on themselves and unable to gain the perspective to overcome it. They live as victims, in a negative feedback loop, continually attracting more negative experiences to perpetuate the SAD.

Fortunately there is great hope!

In fact, there is much more than that, I am living proof that complete healing is not only possible, it is practically guaranteed. If you are willing to do the work, I am ready to take you on the journey to social confidence!

Using EFT To Overcome Social Anxiety Disorder (SAD)

After almost five years of trial and error, learning and applying various tools and techniques from the Masters, here is my basic 8 step strategy. Tried and true, it is the same technique I use to help clients overcome their social anxiety disorder so that they can feel comfortable and at ease in social settings. It’s not a custom approach, as no two clients are the same. But it has proven to be a very effective blueprint for achieving “social confidence”...

(Article continues... Please visit our website to read the rest!)

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Self-Acceptance - Finding the Gifts in your Dark Side with Steve Wells

The traditional EFT setup statement is “Even though I have this problem I deeply and completely accept myself.” We might have been told that self acceptance is important... but why is it important?

In this four part series, Steve Wells will explain the “whys” and “hows” around self acceptance and help you discover the gifts that lie in the parts of you that you feel resistant to accept.

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Margaret teaches you how to identify and break the common underlying beliefs that set us up to be overwhelmed.

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with Cathryn Taylor

When we are confronted with the experience of unmet expectations we most often feel disappointment and regret. These feelings are natural but if not released will keep us in a state of loss and grief.

In this series we will clear disappointment and regrets to help us move forward and create the change we are looking for. Don’t allow past experiences to prevent you from created the future you desire. In each class we are addressing regret and disappointments in it’s different forms.

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Member Feedback

“Just joined and am excited. I followed the webinar series earlier this year and was very impressed with Jessica. What a wonderful interviewer – she always asked the questions that I wanted answered. You really can try it on everything!!”

-Yvette Campagne

Thanks for Joining the Tapping Insiders Club

“Thank you so much for putting this site together! Thank you for your hard work and GREAT information! I have learned so much since joining and it is my first “go to” site when I have a question or am struggling with an issue. I feel it opened a door for me to improve myself in areas I thought I always had to just “live with.” I am excited about changing my life for the better!”

-Lori

Thanks for Joining the Tapping Insiders Club

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