



**Social Anxiety
Solutions**
your journey to social confidence

www.social-anxiety-solutions.com
The Social Confidence Club

The 9 Main Causes Of Overwhelm

I'd like to consider 'overwhelm' as an emotion. Just like 'fear', 'sadness', 'anger', and so on.

And there are various things that can trigger the emotion. Which we'll get into in just a moment.

Let me first ask you this:

"When you feel 'overwhelmed', is that overwhelm..."

- A. An emotion that gets triggered by something in the here and now
- B. An old emotion of the past that gets triggered
- C. An emotion that gets triggered by thinking of the future

...

Well?

The correct answer is: It depends.

It can be A. It can be B. It can be C.

And it can even be a combination (super overwhelming)!

Look, you can feel overwhelmed by emotions *from the past*.

When you, for example, tune into a strong memory, the emotions can feel quite overwhelming (in which case that sense of overwhelm is the EIR and a great initial tapping target).

You can of course also feel overwhelmed *in the present*.

When you look at your loooong to-do list, this can feel overwhelming.

And finally, you can also feel overwhelmed about *the future*.

When you anticipate something (i.e. a social situation), and you think about how you should and shouldn't be... you can have the thought it's "too much to handle", and you can also feel overwhelmed.

But regardless of whether your sense of overwhelm gets triggered by past stuff, things in the here and now, or imagining the future...

... you can neutralize it!

You can do this yourself by simply aiming at the EIR (*"I release all my emotional attachments to this overwhelm" can be a starting point*)...

You can ask yourself clarifying questions, like:

"Why do I feel overwhelmed?"

"Why can't I handle this?"

"Why is this too much for me?"

"What's the upside of feeling overwhelmed?"

... and aim EIR on the answers.

Or you can vent your feelings as you tap from point to point. I like to call this the 'complaining to a friend technique', because you can imagine you're telling your friend all the reasons why you feel so overwhelmed.

EB I'm so tired of this shit!

SE I can't do it anymore

UE I feel so overwhelmed

UN I feel so, so overwhelmed

CH It's all so incredibly exhausting

CB When does it ever end?

Etc.

And a lazy quick-fix solution is following along with me on this tap along, **here.**

However, sometimes, there's more going on. And tapping on overwhelm might only be bringing mild relief. Or temporary relief. If at all. These additional circumstances could make tapping on overwhelm a bit like trying to mop a floor dry while the tap is still running...

For that reason, I'd like to educate you about the main causes of overwhelm. And give you some other common-sense solutions. This way you are optimally prepared to deal with it. And you can minimize it, and/or prevent it.

OK?

Let's go.

1. Subconscious resistance is the primary reason

When there is strong resistance to an outcome (social ease), to the journey to getting there, or to leaving the status quo...

... a great way to sabotage your conscious efforts is to have you feel overwhelmed.

Because how successful does overwhelm make you?

Right.

Enough said.

2. Overwhelm is a common byproduct of stress, worry, and anxiety.

Since it takes a lot of energy to feel anxiety (because your whole system is optimally energized to deal with the perceived danger)...

... you're already low on energy.

And with less energy, you're more easily overwhelmed. And with this diminished life energy available, you still have to deal with all the demands of life.

These feelings of overwhelm you want to nip in the bud as much as possible. Your daily tapping routine helps here.

3. Lack of “emotional vitamins”

People struggling with social anxiety often lack in having sufficiently supportive relationships, and fun things to do to “renew and replenish”.

Which means you're not getting enough - as my mentor would say- “emotional vitamins”.

Doing things you enjoy doing (walk in nature, dance, play with your dog, watch a funny movie, have a meal with a close friend), talking with a therapist, tapping along with a webinar, sharing your story with someone who cares about you, etc. will give you more emotional vitamins.

Which makes you more resilient.

4. Challenging relationships

People struggling with social anxiety also often have other unhelpful patterns...

(boundaries trouble: difficulty saying no and hearing no. Feeling the need to please, seeking approval, feeling responsible for feelings that aren't yours, negatively assuming, etc.)

... that cause drama in relationships.

Which also can lead to emotional overwhelm.

Part of the deeper inner work you're doing inside the SC Club is releasing these unhelpful patterns.

5. Trauma

During trauma, you experience something that is very difficult to deal with psychologically. And you therefore experience overwhelmingly strong negative emotions.

This is really exhausting.

You can experience something traumatic in the here and now.

But, more frequently, you're re-living an old trauma (which happens when you get triggered) that can lead to overwhelm.

In the nearby future, you will learn strategies on 'what to do when you get triggered'. Stay tuned :)

6. Significant healing, without enough recovery.

This is relatively common. When you do deeper healing work, there can be a “processing period”. During this time, you can feel emotionally overwhelmed. This is because your system is rearranging itself, it’s recalibrating to the changes.

You might experience yourself to be extra sensitive, insecure, prickly, moody, vulnerable.

And it can seem like you’ve got a setback. You might feel very tired, and you want to sleep more. Or you may experience the opposite; feeling restless and having trouble catching sleep.

Deeply held emotions that have been repressed from earlier experiences may surface for no obvious reason. You might also feel empty, or alone.

Old unhelpful thinking patterns and behaviors, like judging, blaming, victimizing, and abusive thoughts might be stronger too.

Your beliefs about yourself, your faith, relationships, how the world operates, and your self-identity may be shaken up, and could sometimes do with some questioning and revision.

Journaling might bring relief and insight here, though it’s not always necessary.

What you do not want to do during these times, it does more intense healing. Instead, you want to give yourself time to recover and integrate.

Just watch the shit storm pass. Understand that your system is working super hard at this moment. So, the last thing you want to do here is push yourself.

Instead...

.. take is super easy.

Eat some of your favorite food. Drink lots of water. Watch things that are funny or interesting. Read an interesting book. Take a bath. Get a massage. Sip on tea. Walk in nature. Go for a swim. Work out. Etc.

One of my favorite ways is going for a walk, massage, or drive, while listening to an audio book (the audio version of ‘Shantaram’, my face of all time fiction books is highly recommended!)

Do whatever make you feel better. Or whatever brings you some relief. And relax, because the discomfort is going to pass.

Indirect tapping is fine. As its meditation, journaling, and some other things I'll mention near the end of this article.

This is a time for intense self-care.

Self-soothing.

Treat yourself like you would treat your child who's sick or not feeling well: with extra care, allowing more things than usual, being very kind and gentle.

Soon -sometimes in an afternoon, sometimes within a few days, sometimes it takes almost a week- you'll start feeling better.

Things will settle.

And in the rare instance you actually feel worse than before your healing session, this is an indication there is more to do. You've uncovered deeper underlying issues that are now "screaming for" resolution.

Or there are some other psychological challenges (change in identity, feeling of loss, resistance, etc.) that need to be looked at.

Regardless, it's all good and nothing to be scared off.

Nor is it something you need to expect happening, as it's more rare. I just want to inform you, so that if it happens, you know what it might be.

7. Too much to do

This is the simplest cause, really. And it's something that applies to most people, especially in the Western world.

We've got too much going on. I can very much relate!

And overwhelm is the enemy of execution. Pushing through here, is not smart. It both makes you feel utterly exhausted, and if you keep pushing it you can burn yourself out.

Taking a break, helps here. Even better?

Not taking too much on your plate to start with!

For this exact reason, I'm giving you only a few things to do each week.

1. Watch 1 webinar and tap along.
2. Link your daily tapping to things you already do.
3. Read 1 interesting/empowering/insightful email
4. Do 1 simple tapping exercise

This is EASY.

And hopefully, it's interesting/entertaining/fun.

This helps prevent any overwhelm.

Let's KISS: Keep It Super Simple

8. Trying to do everything perfect all the time

Perfectionism makes you ineffective. And it can cause you to obsess about doing the right thing. Small things that could potentially go wrong worry you. And by expecting yourself to do it all perfectly, you can feel hugely overwhelmed.

Perfectionism is a pattern that can lead to anxiety when it's taken to the extreme. And everyone suffers from some degree of social perfectionism inside our Club.

So rest assured, we will be addressing this in-depth in months to come.

I've heard several reports in the past from people saying this was the most powerful change-creating part of the Club.

9. Too much complexity

When it's too complex, you also start feeling overwhelmed. And, the opposite of complexity is simplicity.

And the complex becomes simple when you break it down into smaller parts, and you present everything with clarity.

I am continuously working to improve this.

The 5 stages to effortless social ease, with the action steps going from stage to stage, and the 21 milestones along the #TheJourneyToSocialConfidence is one of my attempts at making things clear as possible for you.

And, this will continuously improve as we move forward.

:-)

So there you have it. Prevent overwhelm where you can. And reduce it when it comes up. You got this!



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