

I'm not making any progress with overcoming Social Phobia - What should I do?

Check that you have honestly done, or are doing, all the steps on this list

- I am honestly taking steps to make progress. Sometimes it is easy to feel like I am doing more than I am because I think a lot about doing things and feel like life is an effort, but I recognise that this is not the same as actively working on my issues.
- I have identified my reasons for change and how my life could positively be different if I overcame my Social Phobia. I review these regularly as motivation.
- I have identified and consistently used other ways to motivate myself.
- I have taken the time to understand how overcoming the following limiting mind-sets will help me, have understood how they are faulty thinking, and have let go of them...
 - Denying I have a problem to face
 - Thinking that it is only other people or society that needs to change
 - Thinking that this is just how I am and it cannot be changed
 - Thinking that it is too late for me
 - Thinking that I am undeserving or unworthy of a better life
 - Staying stuck in the past and blaming circumstances or other people rather than taking responsibility for my future
 - Not accepting that I might not always know best
 - Not being willing to try something new because it does not fit my current understanding of my problem
 - Not being willing to invest time and effort in the changes I want and continually hoping for a quick and easy solution to show up
 - Not being willing to risk failure and disappointment
 - Not being willing to risk making mistakes
 - Not being willing to sacrifice some simple pleasures or distractions to find the time to learn and apply the things that will help me
- I have honestly and thoroughly read, understood, fully completed the exercises and consistently applied all the material in the following resources...
 - The 21 Steps to Social Confidence (given to new members at their first session)
 - The books listed in the recommended reading list
- I attend the social anxiety group as often as practically possible, even if I do not feel like it on some days or do not think I will like the topic.
- I have been to my doctor recently and asked to be referred for Cognitive Behavioural Therapy or have engaged in similar private therapy if I can afford it.
- If I was able to receive Cognitive Behavioural Therapy, I did the following...
 - Engaged in the therapy
 - Was open and honest with my therapist
 - Was willing stretch my comfort zone in terms of learning, opening up and gradually facing my fears and was willing to talk about my issues and fears surrounding this
 - Did my therapy homework, and did it properly
 - Continued to consistently practice what I learnt after the therapy had concluded
- I have taken the time to find ways to memorise what I need to remember in social situations to manage my thoughts and behaviour.
- I have taken steps to address other sources of stress and other problems in my life and have got help with them if necessary.
- I have been proactive about making sure I look after myself by...
 - Regularly exercising to a moderate level several times a week
 - Regularly eating healthy balanced meals throughout the day
 - Giving up recreational drugs (including alcohol, nicotine and caffeine)
 - Making sure I get enough sleep that is in a stable pattern
 - Learning to support, encourage and be a friend to myself