

# 5 TIPS TO RID YOURSELF OF THE SOCIAL PRESSURE THAT LIMITS YOUR LIFE

We're all limited to some extent by the need for approval or admiration of others. *More accurately, we're motivated by the fear of being judged harshly by others.* All limitations are frustrating, but it's much more frustrating when the limits are self-imposed. We all want to live a life free of social pressure.

## TAKE BACK CONTROL OF YOUR LIFE:

1. **Learn to be present.** All anxiety is ultimately self-created. You have to think negative thoughts in order to worry about what others are thinking.

Stay 100% focus on the task. If you can do that, anxiety becomes a thing of the past. Learn to direct your thoughts and maintain your focus.

2. **Gain some perspective.** No one lives forever. One day, you'll be dead, and everyone you know will be dead. How much will the opinions of others matter then? When you reflect on your childhood, your social fears probably seem silly now. When you're 60-years old, the things you feared at 40 will seem silly, too.
  - Everyone is too busy to worry about your words, actions, and choices. The people that matter won't judge you, and those that judge you won't matter.
  - Life is short. Avoid living in a way that will cause regret later in life.
3. **Practice.** Instead of tackling the most stressful situations and revelations, start small. Share your opinion on the movie you just saw. Change your style of dress a little at a time. Develop a hierarchy and work your way down the list. You'll quickly find that your stress levels can drop if you make the effort.
4. **Set goals.** What do you dream of doing but avoid because you fear the judgement of others? Is it

getting a tattoo? Singing karaoke? Writing a novel? Have a goal that excites you and create the necessary steps to get there. Having a goal can keep your plans on track during those times you struggle.

5. **Use affirmations.** Affirmations can be very helpful if they're used daily. A simple affirmation like, "*I sing karaoke confidently and enthusiastically*" can have strong effect if repeated 100 times each day. Right before bed and upon awakening seem to be most effective times.

Are you allowing the opinions of others to keep you from living your life to the fullest? Do you find yourself making decisions to impress or satisfy others? **Take the necessary steps to reduce the social pressure present in your life.** Life is short. Be certain you're living the life you deserve.