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THE 3 KEYS TO  
**RAPIDLY REDUCE  
SOCIAL ANXIETY**

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**WITHOUT**  
AWKWARDLY FACING  
YOUR FEARS

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# Hello!



Hi, I'm Parker! Your social anxiety coach showing you how to transform the way you feel in social situations!

5 years ago, my anxiety got so bad that I dropped out of university because I was terrified of participating in class. While my peers were out meeting new people, creating connections, and starting their lives, I was just trying to feel normal in everyday conversations.

I had no confidence, I never knew what to say to people, and I constantly worried about what they would think of me.

I started documenting my journey in my podcast "Social Anxiety Remedy," which quickly became the biggest social anxiety podcast in the world!

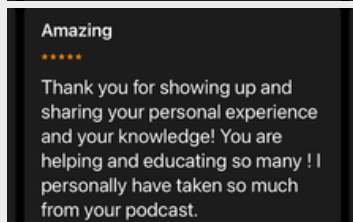
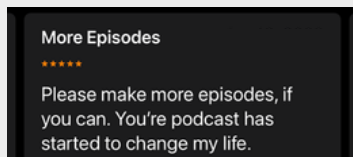
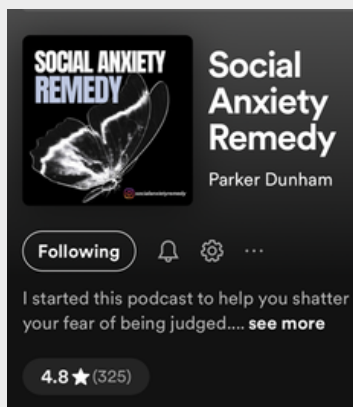
I know firsthand how debilitating this can be, that's why I'm so passionate about helping others who are struggling with this.

After years of research, coaching, and putting myself through embarrassing social situations, I found a system that worked for me.

I'm skipping some details to keep this short for you, but eventually, anxiety stopped making me miss out on my life!

When it comes to overcoming social anxiety, I know what works best and what doesn't. **I've tried it all.**

This guide is a result of my first-hand experience and helping hundreds of others rapidly reduce social anxiety like myself.



# Problems

In the beginning of my journey, I encountered a lot of problems that kept me stuck for a long time. **I could barely say 4 words in a conversation, now I get invited to talk on stages in front of hundreds of people.**

Some of the problems I've faced:



I thought there was nothing I could do about anxiety.



I couldn't form close relationships because I didn't know how to maintain a conversation.



I was afraid of rejection, so I didn't put myself out there or take risks in social situations.



Thought I didn't fit in and no one would want to talk to me.



I didn't know how to express myself and thought I might say something stupid or embarrassing.



I couldn't speak up in groups because I was worried people would notice me blushing, shaking, sweating, getting anxious, etc...



Poor performance at work because of my low self esteem.



Wasted time researching my anxiety instead of doing something about it.



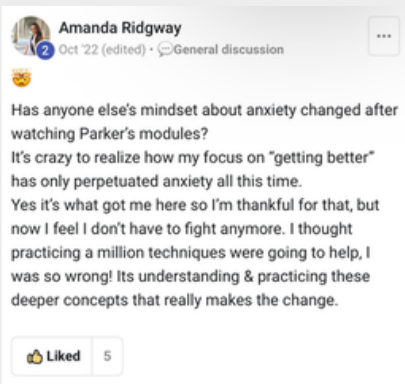
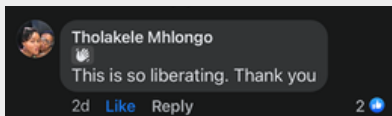
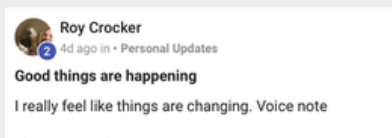
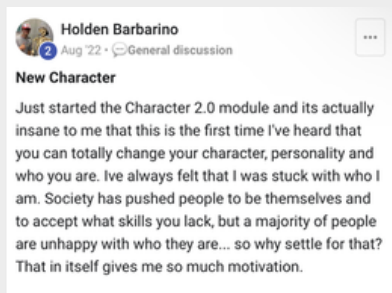
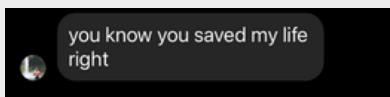
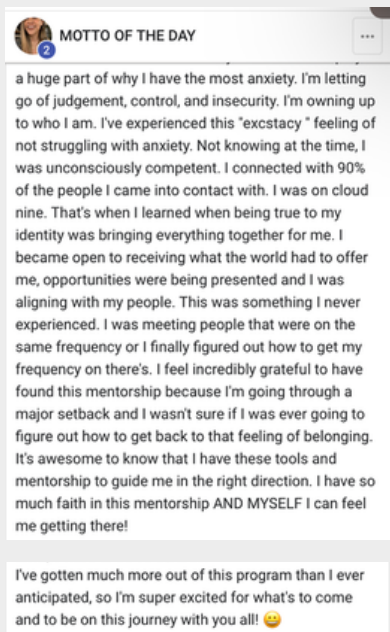
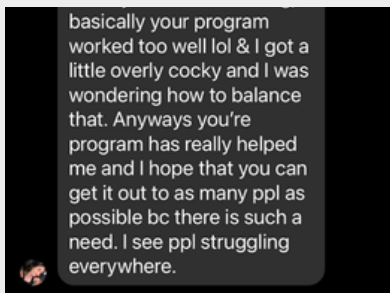
I got the wrong help. (I went to therapy instead of getting coaching specifically for social anxiety).

But now, after discovering the real cause of social anxiety, I want to share my experience more, and help people like you become the person you've always dreamed of being in social situations.

**And in case you still don't think it's possible, here's some proof:**

# Client Wins This Week

Everyone below was scared or lost before, just as you may be right now. But no worries! If they did it, so can you. Never doubt yourself! Amazing things are possible when you make a commitment, and get help along the way:



And my favorite quote that summarizes why my clients get results:

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"HUMAN BEINGS WILL ALWAYS  
ACT AND FEEL AND PERFORM  
IN ACCORDANCE WITH WHAT  
THEY IMAGINE TO BE TRUE  
ABOUT THEMSELVES."

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**Now for the 3 keys:**

# Social Anxiety is NOT the problem

# 1

I was trying to get rid of the wrong thing my whole life! I want you to think about it like this...



Anxiety is just a signal that something is going on beneath the surface.

If you broke your arm, you wouldn't have "pain in your arm disorder..."

The pain is just a signal that something's wrong (the broken bone).



## SO WHAT'S THE "BROKEN BONE" GIVING YOU ANXIETY?

It's your self image.

Here's a comparison between my self image **when I had social anxiety vs now:**

### THEN

I'm not good enough

No one likes me

I'm being judged

My anxiety is weakness

I'm boring and uninteresting

I'm going to embarrass myself

I'm destined to be alone

### NOW

I'm valuable

I'm appreciated

I'm accepted

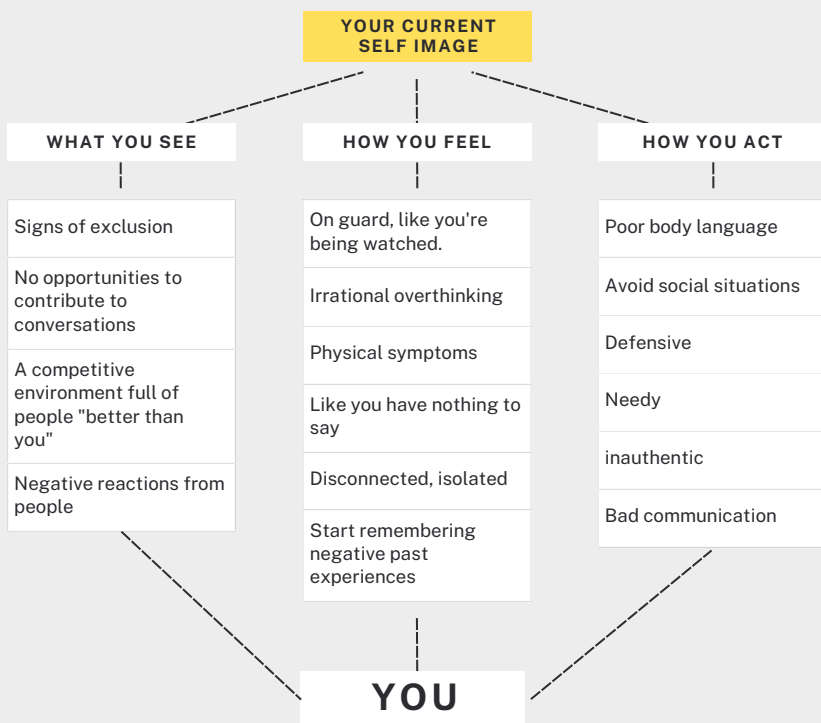
I'm likable

I'm deserving of love and belonging

I can easily create fulfilling relationships



# Change your beliefs and your anxiety fades away 2



In this social anxiety survival guide, I'm going to give you a tool that immediately helped me reduce my anxiety in social situations (**EFT**). But before that, I want you to start believing that it is truly possible for you to overcome this like me and my clients.

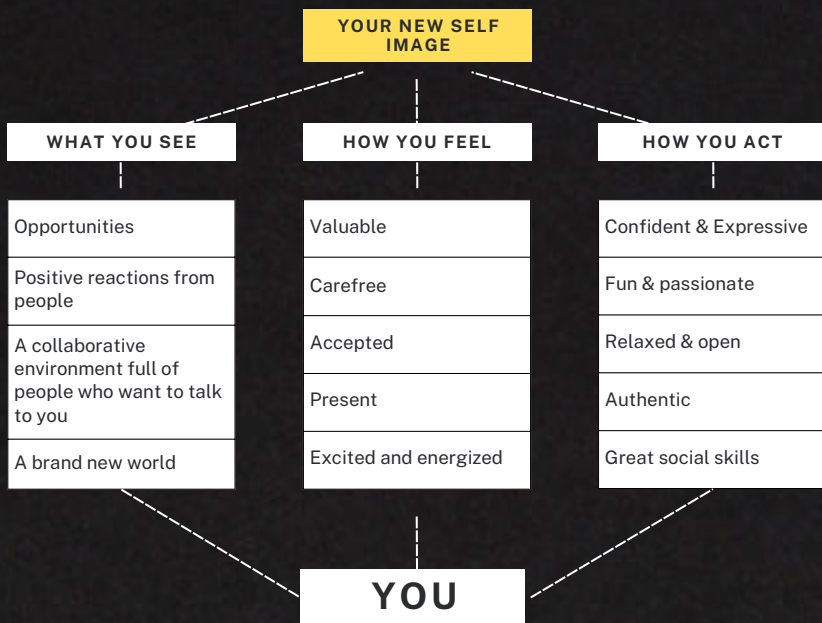
You may believe that social anxiety is just who you are, but as you can see in this diagram... You are simply a product of what you believe to be true about yourself.

When you change your beliefs, you'll start seeing, feeling, and acting very differently in social situations.

It will look something like this:



# What happens:



You've gone through conditioning and past experiences that gave you a "social anxiety self image." You now have beliefs that make you see life through a totally inaccurate lens.

One of my favorite quotes is, "The world will accept the judgement you place on yourself."

**You're broadcasting your beliefs  
to everyone around you**

**When I discovered how to create a new self image, everything changed.**

## "TO REPLACE YOUR SELF IMAGE"

... without awkwardly facing your fears in social situations.

**01**

### EFT TAPPING

With EFT, you'll start to feel more relaxed in social situations. You'll get evidence that you can have fulfilling social experiences! ([Watch this EFT instruction video](#))

**02**

### ASK THE RIGHT QUESTIONS

Instead of asking, "How can I stop feeling anxious right now?" Ask yourself, "Why am I feeling this way?" You'll start to identify the negative beliefs giving you anxiety.

**03**

### IDENTIFY PAST EXPERIENCES

Find out what experiences gave you these negative beliefs about yourself. When you're clear on what happened, you can start replacing your self image with a new one!

**04**

### SUBCONSCIOUS RELEASE

You have emotional memory about your negative past experiences. Instead of trying to avoid thinking about them, bring them up to the surface and allow them to be there. Feel them and accept them fully with no judgement.

**05**

### EMBODY A NEW CHARACTER 2.0

Find out what you want to start experiencing instead of anxiety. What do you want in your life? What would you feel like if you had it? Throughout your day, act as if that wish has already been fulfilled.

# Benefits of these keys

If you follow these 3 keys, you'll be able to:

-  **Replace your self-image and achieve once-impossible goals.**
-  **Boost your self-confidence and self-esteem.**
-  **Improve communication skills and stop feeling judged.**
-  **Gain a greater sense of control over your life.**
-  **Achieve inner peace and happiness in the present moment.**
-  **Pursue passions and find greater meaning in life.**
-  **Develop meaningful relationships and deeper connections.**
-  **Enhance your career prospects and professional success.**
-  **Feel carefree, authentic, and comfortable in conversations.**

Overall, creating a new self image is a path to overcome social anxiety in the safety of your own home. It's a path to fulfillment. It's a path to clarity. It's a path to become the person you've always wanted to be in social situations.

It's a path that changed my life. It's a path that will change **your** life.

[Click here for EFT and Social Skills training videos!](#)

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**Want a personal plan to  
overcome social anxiety?**

**DM me "REMEDY" on Instagram**

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# Thank-you!

This was just 1% of the knowledge I could share with you today! But I have even more exciting content and programs available! Follow me on Instagram and turn the notifications on so you don't miss a thing. your life will never be the same once you implement these 3 keys. I promise you!



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