

## **Busting Performance Anxiety Pre-Call Exploration**

**What is your experience of performance anxiety or stage fright? Let's tune in. Take a moment to close your eyes, breathe, picture yourself right before, during and even after the performance.**

### **EMOTIONS**

What are the emotions that come up for you? Rate them on a scale of 1 to 10 (think of when they are at their worst.) Maybe it's fear, anxiety, terror, worry, sadness, humiliation, embarrassment, dread, panic, self-doubt, self-loathing, guilt, shame, disappointment, fear of losing control, of being judged harshly, or something else.

### **PHYSICAL SENSATIONS**

How about physical feelings? Rate them on a scale of 1 to 10 (think of when they are at their worst.) Sweating, trembling, hot flushes or chills, shortness of breath or difficulty breathing. a choking sensation rapid heartbeat (tachycardia), pounding heart, pain or tightness in the chest, a sensation of butterflies in the stomach, nausea, headaches and dizziness, feeling faint, numbness or pins and needles, dry mouth, a need to go to the toilet, ringing in your ears, buzzy head, confusion or disorientation, something else.



## **Busting Performance Anxiety Pre-Call Exploration (cont.)**

### **MEMORIES**

Think of 3 memories connected with performing. Try to narrow them down to two-minute events, and give them titles: "My Biggest Humiliation" or "The Time in Third Grade When They Laughed at Me." With out going into them or dwelling on them, think of where they would be on a scale of 0-10 in emotional intensity.

### **THOUGHTS & BELIEFS**

What do you say to yourself? What have you heard others say?

About your abilities, your deservingness, your identity, what they'll think of you, how they'll react, how you're going to feel etc.

On the call we will talk and use EFT tapping to clear as many of these feelings and unhelpful thoughts and beliefs as possible, paving the way to much happier performing in the future.

Looking forward to seeing you on Wednesday August 14th, 10amPST, 1pmEST, 7pmCET.

