

Stage Fright

Symptoms

Self destructive.....Whatever messes you up.

Dry mouth

Constricted throat

Lip wobble

Shaking fingers

Sweaty hands

Internal commentary

Fixed, blinkered vision, darting vision

Cramped hands, arms, legs

Tight abdominals

Tight jaw

Shallow breath

Faintness

Confused thinking

Being somewhere else

What are the fears involved?

Fear of failure

Fear of being out of tune

Fear of memory lapse

Fear of high notes/ low notes

Fear of not being loud enough/ not soft enough

Fear of not being fast enough

Fear of not being good enough/ as good as others

Fear of letting the other performers down

Fear of letting your teacher down.

Fear of losing the love or respect of those who hear us

Fear of being frightened

Possibly useful ideas

Learn the pieces before the concert

Be present

Communicate with other players and or the audience

Notice your breathing panoramic vision and your primary control

Do not try to be or wish to be somewhere else

Do not be in the past

Do not be in the future

Notice your breathing, panoramic vision and your primary control

Do not use up your vital energy 'trying to perform or project'

Take energy from the audience, recycle it in the performance

Notice your breathing, panoramic vision and your primary control

Talk to the audience before you play, if possible

Do not try to ignore the audience

Notice your breathing, panoramic vision and your primary control

Don't practice the programme before the concert (you already know it)

Do prepare yourself by warming up in a familiar way

Notice your breathing, panoramic vision and your primary control

Semi-supine

Accept *anything* that happens, it's ok

Don't listen to your internal dialogue and don't try to make it go away

Acknowledge the existence of the you that could listen to the internal dialogue

Take energy from the audience and send it back to them

Notice your breathing, panoramic vision and your primary control

Don't try to focus on the performance before it starts, be in the present

Don't try to play well, endeavour to enjoy whatever is happening

Enjoy yourself, it is another chance to do what you really want to do

Notice your breathing, panoramic vision and your primary control

You don't have to be the best to be worth listening to

If you are genuine you will touch most people

Performing is interactive, so be interactive, you are not on your own

Notice your breathing, panoramic vision and your primary control

Balance makes most things easier

Don't try to play in tune, let the notes make sense

Don't try to play 'loud enough to be heard'

Allow the resonance to fill the room

Allow the music to speak to the audience

Anything might, or might not, happen

Allow yourself to be aware of how far your field of attention extends

Notice your breathing, panoramic vision and your primary control

Play without unjustified self-doubt

Take all regret out - ! You always play as well as you can in concerts !