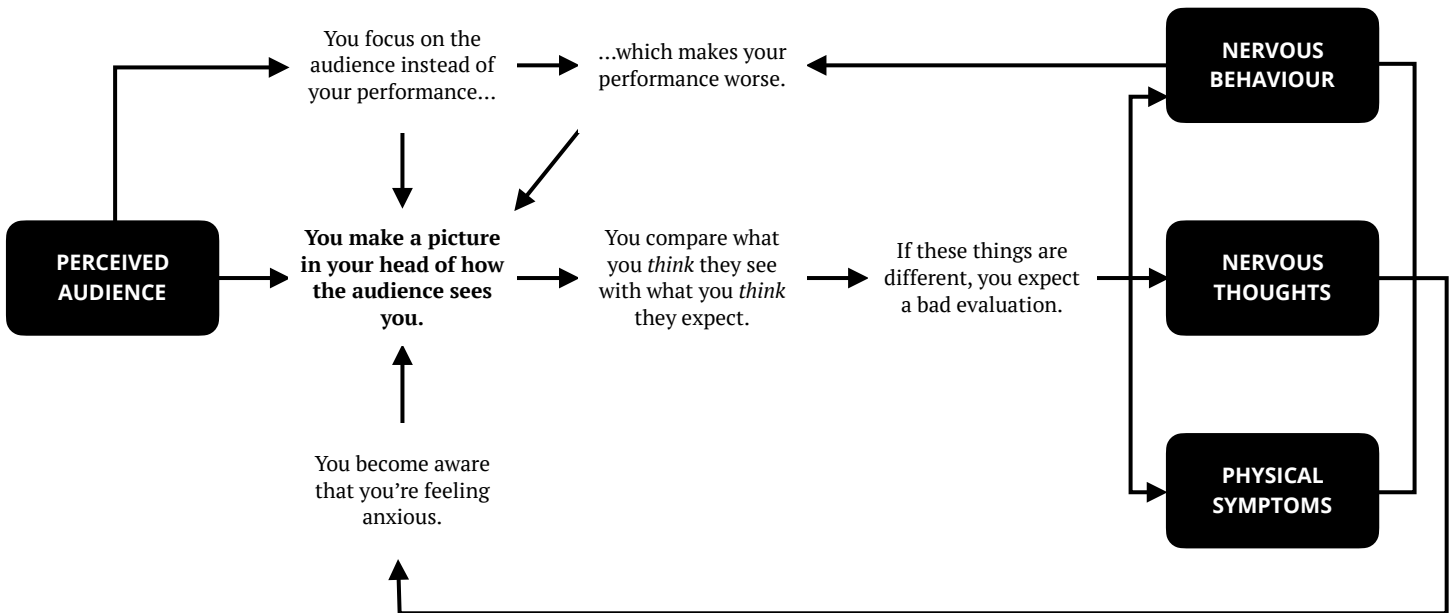


Managing stage fright

Stage fright, or performance anxiety, is a common affliction that has to do with what we anticipate our audience is thinking when they see us perform. Imagining hostile reactions can create a vicious cycle of thoughts that lead to outward physical signs of anxiety, leading to an impaired performance. This worsens your anticipation, causing you to imagine worst things from your audience and so on (Spokas, 2007).



While anxiety is a useful motivator for performance, it becomes unhelpful in extremes. You can help tame it by asking yourself some questions about your performance experience.

How do you feel emotionally at the start of a presentation?	What do you imagine you look like to your audience?	What evidence do you have to support these thoughts?	What evidence do you have to reject these thoughts?
How do you feel physically at the start of a presentation?	What do you imagine your audience expects?		
What learning can you take away from this exercise?			