

Performance Anxiety Exercises

Emergency focus cue

Create a personally meaningful emergency focus cue to use when something goes awry on stage. This could be a very general cue that can be used with any performance or it could be specific to a particular one. Periodically repeat this cue to yourself as you practice or rehearse, particularly when you feel your mind start to wander. Write your emergency focus cue here:

Dealing with distractions

Think about a past or upcoming performance. List five possible distractions which have happened to you before or during a practice or performance, or which could possibly happen in the future. These can include distracting situations, events, or thoughts. For each distraction, write out a strategy for how you can refocus yourself. Plan ahead. For each possible situation, what will be the best action for you to take?

Distractions

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Strategies

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Positive affirmations

Think of an upcoming performance, formal or informal, and write two or three short sentences of affirmation which express what you want to think, feel, or do. Be sure to keep these sentences optimistic, but truthful and realistic, and construct them using first-person present tense. Try to avoid comparative statements in favor of those which foster personal satisfaction. Write your affirmations here:
