

STRESS: real or imagined fear, threat, danger, sudden surprise, shock.

"What you feel under stress may be unwelcome but it is normal -- all of it."

--- *Don Greene Ph.D*

If you're not nervous, something is wrong

self criticism....obsessing about results.....dooms day thinking

Self trust is the first secret to success

Muscle tension is the greatest threat...adrenaline

Envision what you would truly love.....what gets re-enforced gets repeated

"I don't believe in pessimism"

--- *Clint Eastwood*

Learn to center by using a focusing strategy:

1. form a clear intention through character
2. pick a focus point (at eye level)
3. breathe slowly in the nose, out the mouth
4. support and flow
5. direct your energy out to focus point

Use "self talk": support yourself as you would a friend

--- me

"Argue for your limitations and sure enough, they're yours"

--- Richard Bach

Too much attention on the audience is a cause of stage fright. Instead turn your vision inward...see the images that the character has given you.

Anxiety is a learned condition: lack of spontaneity can add to it.

Use your character's immediate needs, her physicalization. (moves/choreography)

1. Who are you?
2. Where are you?
3. What do you want? (to tease, to cheer, to push away, to tempt, to threaten, to play?)
4. who are you talking to? What's the reaction to what you're saying?

The person who says it can't be done should not interrupt the person who is doing it

--- Chinese Proverb

