

Performance Anxiety Script

Focus Deepener

Pay attention to your breathing... and notice... you become more aware of sounds within you... so continue to notice your breathing... be aware as it changes... you may begin to notice that as you pay attention to your breathing... you start to relax... you become aware that sounds around you start to drift... to become further away... part of the background as it were... and... as you continue to listen to your breathing... you can become aware of the sound of my voice... simply the sound of my voice... which can start to help you to focus ... all the way through focus... or... perhaps you would like to... listen to the pauses between the sounds of my voice... and allow the silence to... focus you... all the way through focus you...

you may wish to move your attention more and more inward... to the sounds within you... you may become aware of the sound of your heartbeat... gentle rhythmic sounds within you... and as you become more and more aware of these sounds within you... you begin to notice that the sounds around and outside you have moved further away... they are no longer of any concern to you... as you go even deeper focused... deeper and more comfortable in the chair... as we go on...

and... now... you can begin to move your attention to a different sound... the sound of your thoughts...

Pause for 30 seconds

and... as you continue to listen to the sound of your thoughts... you begin to become aware that some of these thoughts are important... some of these thoughts are not important... but what I would like you to do is... pay particular attention to the sound of your thoughts... the content is of no importance to you for the moment... and... as you continue to listen to the sound of your own thoughts... you can begin to link them to your breathing... and... as you continue to be aware of the sound of your thoughts... and your breathing... you can allow the sound of your thoughts to fade in and out... as if carried along by your breathing... in and out... more and more focused and comfortable too...

Maintaining the Physical Reactions and Reframing them as Excitement

and... as you continue to focus... you notice that you can be aware that there may be times when you are more or less aware of your sensations... you can pay attention to them... or pay attention to what is going on around you... and I would like you to know that.. when you are (name the performance)... there will be times when you are more or less aware of sensations within you... but if you do pay attention to your sensations... and if you feel your heart beating a little faster... or notice feelings which in the past you would have thought of as anxiety... I would like you to remember... that excitement has the same physical reaction... and it is fine to be excited with your performance... it will help you enjoy it even more... and there will be times when your attention is directed completely away from yourself... to whatever is going on around you... and you really start to notice that you are

enjoying yourself... what you are doing... to the complete exclusion of anything else... you enjoy yourself...

Future Projection to the Feelings Following the Performance

and... I would like you to daydream... into the future... to a time after (name the performance)... and you can start to feel as you will feel when you have (completed this performance)... you will feel so pleased with yourself... you will wonder why you were so worried... now that you have done it... you will notice that you feel so much better about so many things... you will feel that you can do other things too... things which in the past you thought you could not do... but now that you have done this thing your confidence has grown... and I would like you to enjoy that feeling now...

Remain silent for 30 seconds

Linking Past Positive Performance to Future Performance

and... as you continue to become... and to remain... so mentally focused... and your body has started to relax... you can remember a time when you did something you were really pleased with... and remember how good you felt when you had done it... and you can now know that you will feel even better than you did then... when you have (describe performance)...

Finding a Positive Role-Model if no Past Positive Performance can be found

and... you can imagine... how (name role model)... would react... and how they would be able to (describe performance)... and ... if you were them... you would be able to feel the same way... so you can imagine how it would be... if you were them... when you were (describe performance)... and ... as you start to imagine this... you can feel as you would feel if you were them... and could do things in such a confident way... and you can... all you need to do is to imagine... imagine you were in their shoes... and they were helping you to be really confident... and completely in control...

Install an Anchor if one can be found

so you can... before you go into the situation... where in the past you would have become anxious... (describe anchor action)... and when you do this... you will feel as calm... as relaxed... as comfortable and in control... as you do right now...

Usual ego strengthening and re-orientation into the present