

Stage Fright 101:

Why it happens and steps to deal with stage fright

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Why does it happen?

What are you afraid of?

**1. Scared of what
the audience will think**

**2. Scared of what
people you know
will think**

**3. Fear of what the
musicians will think**

**4. Fear that you're
going to suck because...**

**... you're not
prepared!**

5. Fear of gear failing

Inner monologue?

Steps to deal with stage fright

1. Prepare your music

2. Performance Simulation

3. Warm-up before the show

**4. Realize that the
audience wants you to
succeed**

5. Prepare your gear

- **bring extra strings, cables, batteries, tuner, music and anything you need**
- **check that your gear works**

6. Arrive earlier

**7. Run through the
show in your mind**

8. Mentally prepare yourself

9. Be in the moment

**10. Remember to
breathe!**

11. Trust the process

Thanks for watching! =)

**Please share your experiences,
comments and questions!**

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