

AN ACRONYM FOR THE WORD FEAR.

F- FOR FEEL. NEVER, NEVER TRY NOT TO FEEL THE FEAR. YOU WILL JUST SPLIT YOURSELF. INSTEAD, FEEL THE FEAR FULL-OUT EACH TIME IT ARISES AND THEN GIVE IT THE COMPANY OF ALL YOUR OTHER EMOTIONS, SO THAT IT IS NEVER ISOLATED IN YOUR EXPERIENCE.

E- FOR EMBODY. EMBODY THE FEAR, THAT IS, PUT IT RESOLUTELY INTO RELATIONSHIP WITH YOUR TACTILE AND KINESTHETIC EXPERIENCE AND ALL THE OTHER SENSATION COMING TO YOU FROM YOUR BODY. IF YOUR FEAR IS IN RELATIONSHIP TO ALL YOUR OTHER EXPERIENCE, IT WILL NEVER OVERWHELM YOU, NO MATTER HOW INTENSE IT BECOMES AND IT WILL NOT RESULT IN SHAKING OR SWEATING.

A- FOR ARRIVE. ALWAYS ALLOW YOURSELF TO TRULY ARRIVE IN THE SPACE IN WHICH YOU WILL BE PERFORMING, AND CLAIM THE WHOLE SPACE FOR YOUR PERFORMANCE. A LOT OF ANXIETY COMES FROM TRYING TO SHUT OUT PART OF THE WORLD. SOME PEOPLE EVEN TRY TO PRETEND THEY ARE SOMEWHERE ELSE, LIKE IN THEIR PRACTICE ROOM. THIS IS A DISASTER. YOU MUST TRULY ARRIVE.

R - FOR RELATE. RELATE TO THE SPACE. RELATE TO THE INSTRUMENT. RELATE TO THE AUDIENCE. RELATE TO THE OTHER MUSICIANS. RELATE TO THE MUSIC. RELATE TO THE ENSEMBLE. RELATING IS THE GREAT PROTECTION AGAINST OVERWHELMING FEAR.

THIS FORMULA WORKS IF YOU CONSISTENTLY EMPLOY IT.

IF YOU ARE OVERLY SELF CONSCIOUS OR MORBIDLY AWARE OF YOURSELF AS AN OBJECT OF OBSERVATION FOR OTHERS, REMEMBER TO BECOME VERY CLEAR THAT IT IS THE MUSIC THAT IS THE OBJECT OF OBSERVATION FOR THE AUDIENCE, NOT YOU.

IF YOU ARE POORLY PREPARED OR UNDER PREPARED THERE IS NO REMEDY FOR PERFORMANCE ANXIETY OTHER THAN CANCELLING THE CONCERT OR POSTPONING THE AUDITION AND SPENDING MORE TIME GETTING READY. IF YOU MISS THE DEADLINE FOR THEM, THERE IS NOTHING TO BE DONE BUT CAREFUL AND CARE-FILLED PREPARATION FOR FUTURE PERFORMANCES AND AUDITIONS.