



## My Stage Free Story

1. Think of a time in your recent past when you felt very comfortable being yourself in a group setting. You expressed your thoughts and feelings willingly and comfortably. Where were you? Who were you with? What did you share? How did others respond to you?
2. When you think about that experience, what made it so comfortable? How did you feel about yourself in that environment? Share three qualities you valued about yourself in that experience?
3. Think about a new speaking situation you could or will encounter. Imagine you are experiencing that situation with the same comfort and qualities you know you already possess. Where are you? Who are you with? What do you share? How are others responding to you? Write about that experience here.