



My Stage Fright Story

Was there a time when you didn't have stage fright? Please share an example.

When is your first memory of stage fright? What happened? Where were you? Who was with you? What were you doing? How did you feel? How did things turn out?

What meaning did you attach to this? How did you change?

What instigated your desire to free yourself from stage fright? What is your intention?