

# Dare to Be Seen

## SESSION 1

### CALMING THE BODY AND MIND

After Practicing Diaphragmatic Breathing 1-5 min a Day  
What do you notice in your levels of Stress / Anxiety?

Practice the Statement " Even though I ... (problem feeling) I deeply and completely accept myself). Reflect on results:

## SESSION 2

### CONNECTING TO HEART WISDOM

Divide a piece of paper into two columns. Now, think of a situation that makes you feel 'on the spot. Connect to your fear.

On the left-hand column, write down what you fear:

I am scared that....I can't do that because...

When you are done, go back to the list, and on the right-hand column, add to the corresponding sentence: And that's okay.

I am scared that....I can't do that because...

And that's ok

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After listening to the session and following the Flipping Process fill in the the table below

A part of me is worried that...

But deep down my heart knows...

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# SESSION 3

## COPING WITH EXCESSIVE ANXIETY

Write down situations that make you feel nervous

**1) Now grade them on a scale from 1 to 10.**

One would be a situation that makes you only slightly nervous. Ten would be the most terrifying situation you could face.

**2) Put them in order from the least scary to the most frightening.**

**3) Now Score Yourself:**

When you think of the situation with the lower score right now, how confident do you feel about coping with it on a scale of 0 to 10?

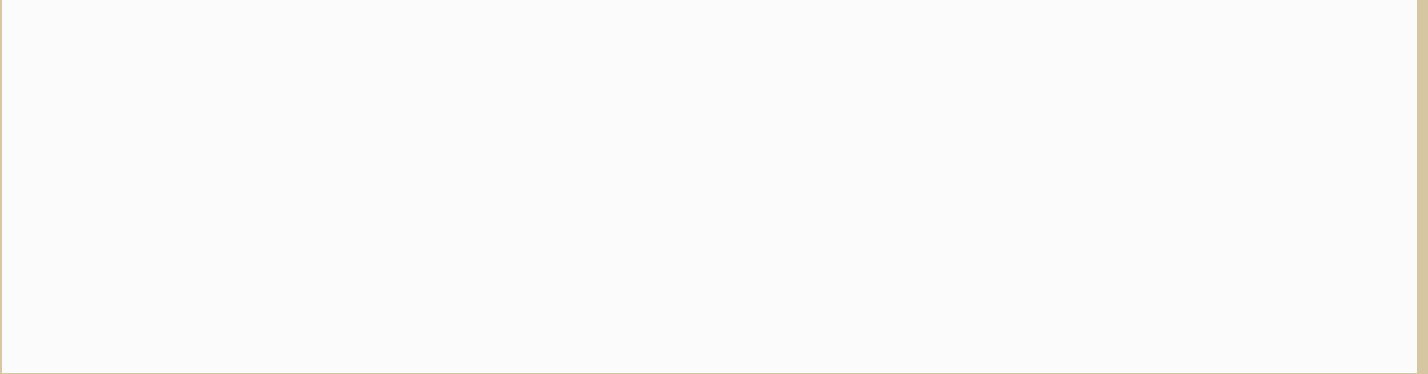
Note down this number.

# SESSION 4

## COPING WITH EXCESSIVE ANXIETY


### 1) Create a ritual around getting rid of your 'house of the past'

What ritual did you create? How do you feel now?



### 2) Create a symbol representing a new future you

What symbol did you pick? When have you used it? How did it made you feel?



### 3) Look back at the present from the future

What accomplishments came up for you during this exercise? How did it feel?



# SESSION 5

## LETTING GO OF WHAT IFS

Write down your rendition of the worst possible performance, presentation, interview, audition, or speech you could ever give. Allow yourself to be honest about your fears, and just go for it without editing. When you are done, go through the list of cognitive errors listed before the audio and underline all the cognitive errors you notice in your writing.

WORST CASE SCENARIO	WHICH COGNITIVE DISTORTION?

Rewrite your day using positive language. Exaggerate and emotionalise. Remember your subconscious is like a smart eight-year-old. Use big, exciting words and use the present tense.



**You could use this to create a bespoke session for yourself by recording it as an autosuggestion. For more information on how to do this, read Chapter 6 and Bonus Session 3 of the Dare to be seen book.**

# SESSION 6

## BEING PRESENT

Which anti-anxiety affirmations work for you? Do you like to repeat them before bed or in the morning or at some other time? How many times are you repeating them? Are you using phone reminders? A card? Screensavers?

**Suggestions: try using them as suggestions by recording an induction (see Chapter 6 of the "Dare to Be Seen" book for instructions) followed by your chosen statements. Experiment with second person versus first person.**

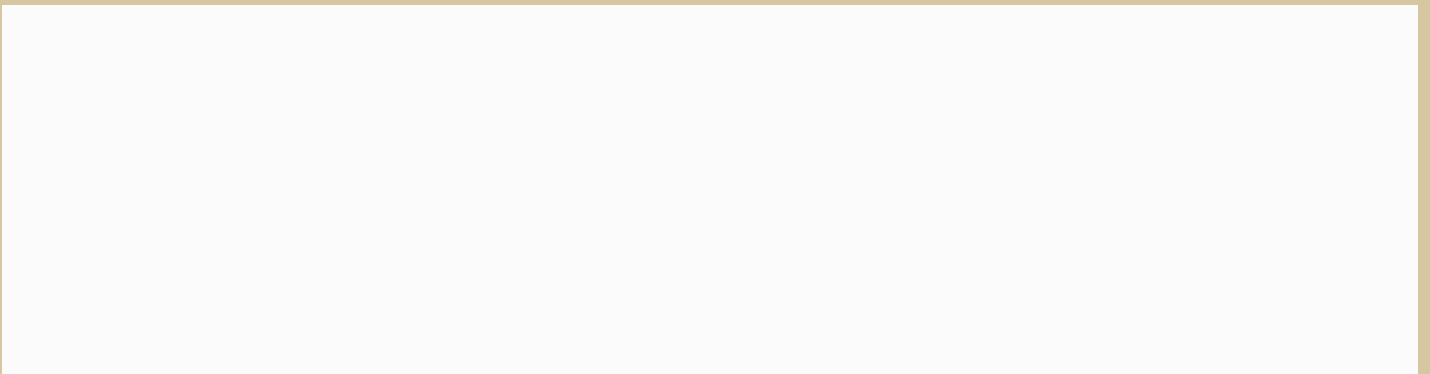
# SESSION 8

## STOPPING YOUR NEGATIVE THOUGHTS

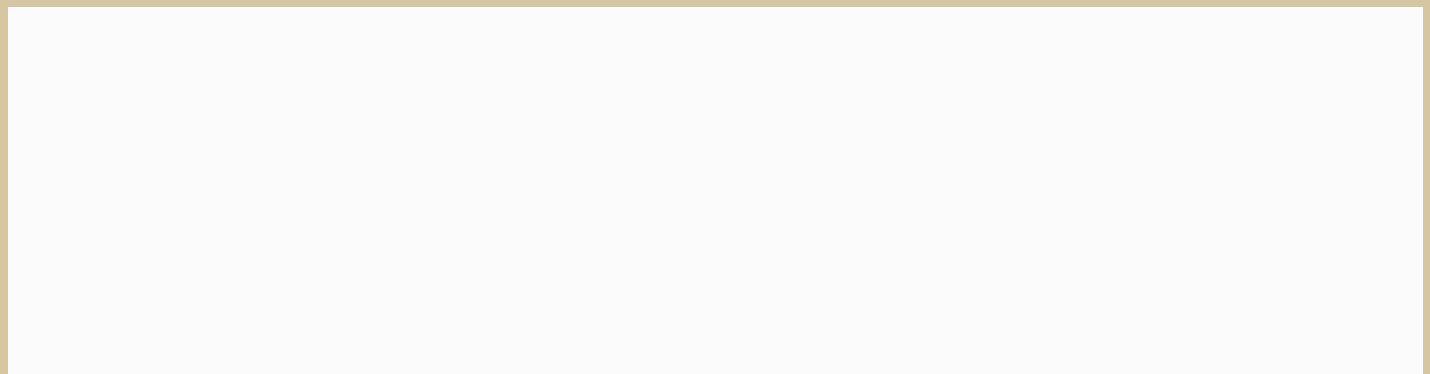
What would you say are your strengths when it comes to performing? What have other people said in the past you are good at?



How often do you specifically think of these strengths daily?



Which belief is going to help you move forward the most?  
Which is the most empowering?



Select the most empowering belief and use it as your main affirmation.

**Find opportunities to use your strengths during your next performance, interview, audition, speech, or presentation.**



# SESSION 9

## FROM SELF CONSCIOUSNESS TO FLOW

**1) On a big piece of paper, draw a representation of your old behaviour.**

This could be symbolic or literal. Use colours that represent how you feel when you imagine behaving this way. Don't worry if you cannot draw or are not an artist. Even if you draw stick figures or just use symbolic imagery, it's what it means to you that is important. Alternatively, you could find an image in a magazine or online if you are more comfortable with that.

**2) On another piece of paper, draw a representation of your new behaviour.**

**3) Take the first picture and blacken it with a dark pen or paint until you cannot see it anymore.**

All you can see now is a piece of paper that is completely black. When that is the case, burn it or bury it underground. Sounds extreme, doesn't it? Trust me, it will feel great!

**4) Add bright colours and details to the second representation.**

Use colours that match how you want to feel when you behave like this. When you are done, put this picture on a wall where you can see it often.

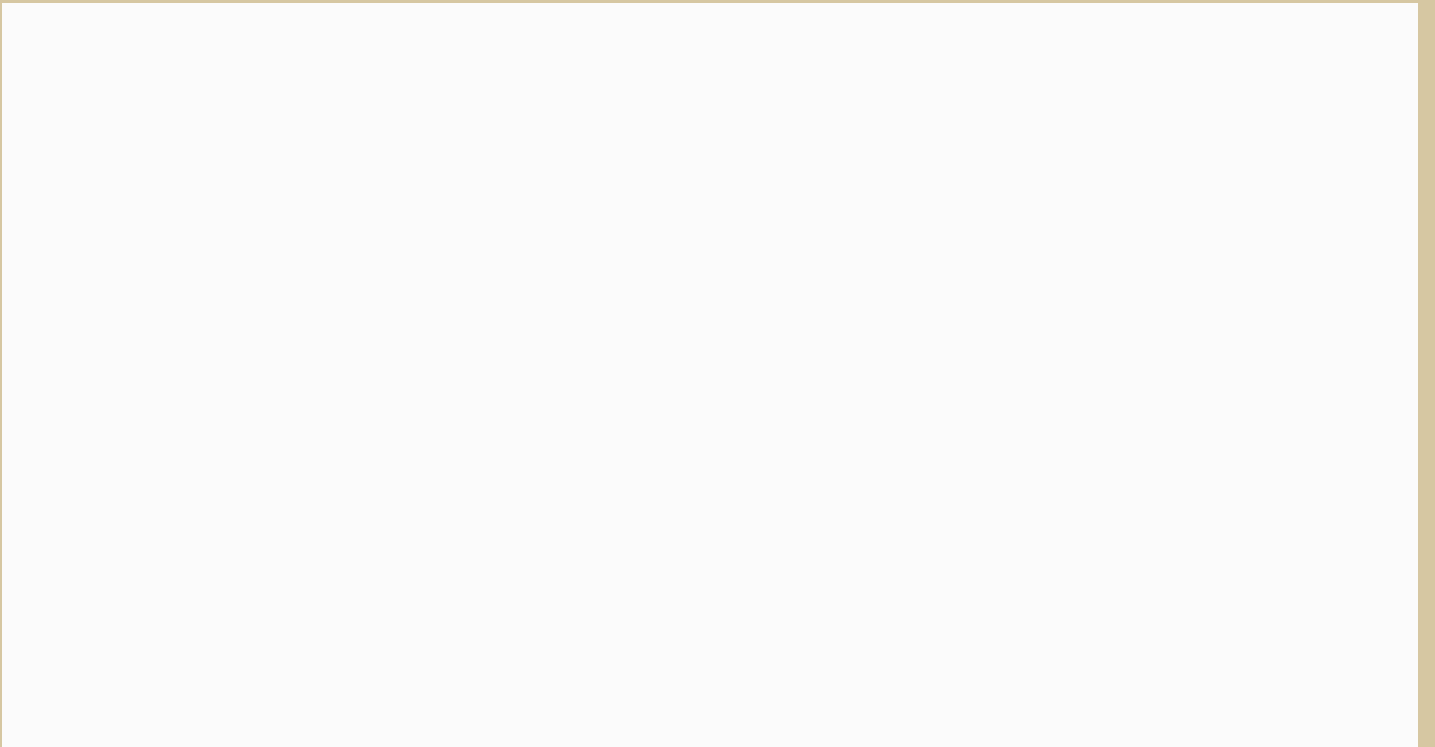
HAVE FUN!

# SESSION 10

## INCREASING CONFIDENCE

Begin by identifying someone in your field that you admire for the qualities they possess. Make a list of the qualities they possess.

- How do they move their body?
- How do they use their voice?
- What thoughts do you imagine they have? What do you imagine they would be saying to themselves as they step into the limelight?
- What do you imagine they would be saying to themselves when they make a mistake?
- How do you think they would handle failure?



Next time you are faced with a situation around performing in which you feel nervous, stop for a moment, and ask yourself:

- How would (the person you admire) handle this?
- What would they do?
- What would they say to themselves?

**Pretend you are that person, and experiment acting the way they would.**