

# CONQUER ANXIETY

## THE POST-PERFORMANCE DEBRIEF

DATE: \_\_\_\_\_

PERFORMANCE / EXPERIENCE: \_\_\_\_\_

**INSTRUCTIONS:** The following three questions will allow you to step out of the situation, analyze what happened (or didn't happen), and what you need to do next time. If you're not sure how to answer a specific question, review the categorical questions on page two of this debrief--the answer to that set of questions can be plugged into the below space to give you a clear, unobstructed view of how to conquer anxiety, enjoy life, and take control.

**PURPOSE:** Replace the post-performance bashing with lessons learned; and, re-write your story, find peace and balance, and unleash your full potential (right now)

**WHAT WORKED?**

**WHAT DIDN'T WORK?**

**WHAT WILL I DO NEXT?**

**ANY OTHER LESSONS LEARNED THAT WILL HELP YOU IMPROVE NEXT TIME?**

"There is no failure except in no longer trying." -Elbert Hubbard

"You will never know how much you can accomplish until you try. Never stop trying. Your miracle will come in undefined moments." -Lailah Gifty Akita

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## CATEGORICAL QUESTIONS

These questions help you self-analyze your performance or experience by stage so that you can best complete the 3-question debrief, conquer anxiety, and try again.

### STAGE I. THE VISION

What was your performance goal or intention?

Why were you pursuing this goal?

What was your motivation?

What was your attitude, or mindset, like when you started the performance process?

### STAGE II. READY

What did you do to prepare your skill set for this performance?

Did you have a sense that you prepared enough?

What was your attitude as you prepared for this performance?

Did you practice breathing and relaxation exercises on a daily basis to help with activation?

What self-talk did you use to challenge the monkey chatter?

Did you declare your preparation complete?

### STAGE III. SET

What was it like just before the performance?

Did you do any visualization, or chairflying?

Did you have any pre-performance routines?

Were you able to block out the “big six” and focus solely on your performance?

What was your attitude during your pre-performance experience?

### STAGE IV. GO

What were you expecting to happen?

What were your expectations for the performance?

What happened?

### STAGE V. EVALUATE

What was your first response to this performance?

Did you do any kind of post-performance bashing?

Can you find anything good that came from that performance?

What did you take from that experience that you can improve on?

“Don’t listen to what anybody says except the people who encourage you. If it’s what you want to do and it’s within yourself, then keep going and try to do it for the rest of your life.” -Jake Gyllenhaal

“Stick around. Don’t lose your heart, just keep going, keep at it.” -Mark Ruffalo