

DEALING WITH NEGATIVITY

What if everyone is watching me?
THEY'RE SUPPOSED TO BE!

What if they judge me?
JUST DO THE BEST YOU CAN. "THEIR" OPINION IS ONLY ONE.

What if I disappoint my parents?
EVERYBODY DISPPPOINTS SOMEBODY SOMETIMES.

What if i mess up and get the other actors and the director mad at me?
NOBODY'S PERFECT. THE SITUATION IS TEMPORARY.

What if I don't do as well as I did the last time I played the role?
EACH NIGHT IS A NEW PERFORMANCE.

What if I forget the lines I always forget?
ALWAYS? I DON'T THINIK SO.

What if I disappoint myself?
IF YOU LEARN FROM A BAD SITUATION, IT'S JUST A TEMPORARY CRISIS. IF YOU DON'T LEARN FROM IT IT'S A TRAGEDY.

What if my father says something to me right before the performance that makes me angry?
AVOID HIM. IF THAT DOESN'T WORK TURN THAT NEGATIVE ENERGY INTO CREATIVITY THAT BENEFITS THE SHOW.

What if I perform brilliantly?
CONGRATULATIONS!

What if I disappoint my teacher?
HOPEFULLY SHE LIKES YOU FOR MORE THAN WHAT YOU CAN DO ONSTAGE.

What if I die from the pressure?
THEN YOU'LL BE DEAD AND WON'T HAVE TO WORRY ABOUT STAGE FRIGHT!