

**Perspectives on Neurolinguistic Programming**  
**Dr. Smita Jha**  
**Department of Humanities & Sciences**  
**Indian Institute of Technology, Roorkee**

**Lecture - 20**  
**Stage Fear – II**

Hello students. We are still discussing stage fear under the title perspectives on neurolinguistics programming. As I told you that neurolinguistic programming is very important to become a good anchor, and the stage fright, and under the caption stage fright we discuss, the various definitions of a stage fright; what do we mean by stage fright? And what are the reasons for stage fright? And again, I am going to discuss what causes a stage fright. Because to then to knowing the causes of a stage fright we will help to overcome the stage fright.

So, what causes a stage fright? Very important, personal traits related to a stage fright are hypersensitivity. Which can be traced back to a nervous system, that reacts more strongly to external stimuli. Hypersensitivity, as we discuss that every individual is different from each other. I may be, I may have hypersensitivity or the other may have sensitivity. So, hypersensitivity is means the height of any kind of anxiety or sensitivity. It may be there in one's personality maybe for something that happened in the past. Maybe some person failed miserably, and that causes you know this kind of hyper sensitivity.

Now, a perfectionist attitude, people who are often not easily satisfied about themselves this may be caused also by the pressure, the person feels from her or his environment I cannot let them down. Now a person with conscious of his or her personality image because a stage fear is for the future presentation, and the stage fear is also a kind of self-obsessed attitude. If one is self-obsessed. So, when a perfectionist attitude is there, when people will never satisfied with their presentation, always more and more and the kind of attitude that I cannot let them down.

Now, Kenny Davies and Oates 2004 found that in experienced performers perfectionism is strongly correlated with trait anxiety. And this is very true, that if a person who is extraordinarily good speaker, good orator, well the anxiety level may be very high, unless he is not seasoned or experienced or she is not seasoned or experienced. Why that feeling of perfectionist attitude. That I have to do the best come what may, and that

creates anxiety, that creates anxiety level very high. And these are the causes for stage fright a different level.

Now, an anxious person introverted and neurotic people in general are more anxious. Who are anxious person? A person who talks well, who mixed up with the people, very easily who speaks a lot and who is extrovert. May not have such kind of fear because he has already faced the crowd he or she has already faced the society, and knows various kind of people and experienced action and reaction as well. But a person who is introvert, may not be aware of the social reaction or action.

What kind of people he or she is going to face that kind of fear is always there. That is why it is very important to look in oneself. Social phobia, people who are preoccupied with thoughts, about how others things about them and this is already we discuss, that such kind of attitude helps to nurture negative thought. Why to think about other, what are they thinking. Why not concentrating our own tasks that the task is to deliver good talk? What other things let them think.

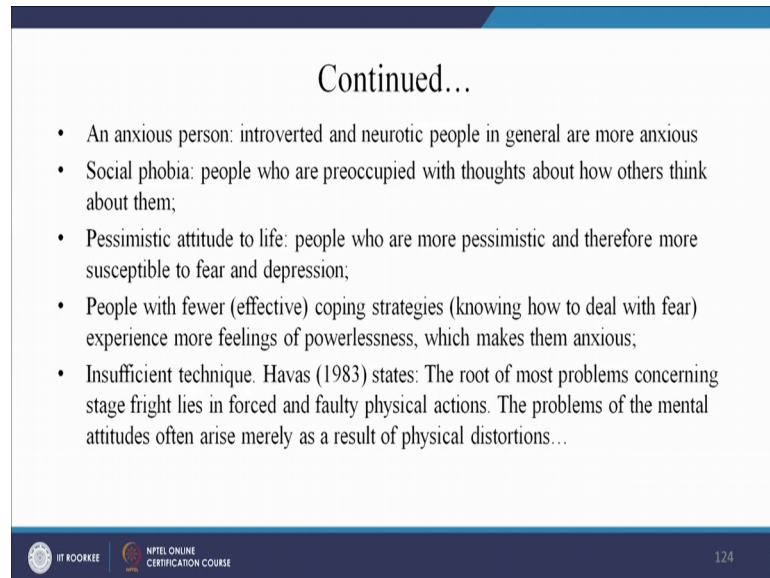
So, this is a kind of social phobia. And that is why it is always advisable to make friends to talk to go to the party to go to the social functions to know different kind of people. And that will make you extrovert. And that may neutralize the social phobia of not to face the person. Pessimistic attitude to life and such people what happen they will most be confined inside the house. And keeping always there inside the house, they may not allow themselves to mix up with the crowd the society. And pessimistic attitude develop. So, people who are more pessimistic and therefore, more susceptible to fear and depression kind of suspicion that everything will go wrong; why because of sometime melancholic spirit. Because of maybe some time isolation. Some time loneliness as well as aloneness.

So, one has to remove this, even be pessimistic thought pessimistic attitude. People with fewer effective coping a strategies, knowing how to deal with fear experience more feelings of powerlessness; which makes them anxious. And it is quite natural, the more you think negative the more you think in a very susceptible manner, naturally you will lose the power to a strengthen yourself when you are delivering a talk.

So, insufficient technique what are the insufficient technique? Have asked 1983 states the root of most problems concerning stage fright lies enforced, and faulty physical

action. The problems of the mental attitude often arise merely as a result of physical distortion. Very true, I mean you are surrounding the audience.

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- An anxious person: introverted and neurotic people in general are more anxious
- Social phobia: people who are preoccupied with thoughts about how others think about them;
- Pessimistic attitude to life: people who are more pessimistic and therefore more susceptible to fear and depression;
- People with fewer (effective) coping strategies (knowing how to deal with fear) experience more feelings of powerlessness, which makes them anxious;
- Insufficient technique. Havas (1983) states: The root of most problems concerning stage fright lies in forced and faulty physical actions. The problems of the mental attitudes often arise merely as a result of physical distortions...

If you are looking constantly at the audience or the crowd that is true I mean only few people who are laughing a smiling for some other cause also. But you think that they are very sarcastic about your speech.

Now, that will help you to develop, negative thought. And these are the insufficient technique you think positive you look at those who are listening you very carefully. If someone is creating hindrance, you try to avoid. That is the best way. Because surrounding these circumference the ambience very important.

When you speak, but then you have to get or you have to I mean you need to get the positive aspect out of those, resources to perform well in front of the audience. What can be done about a stage fright. Now there are different strategy methods and therapies for dealing with stage fright. Because basically it is the mental problem, basically it is a cognitive problem.

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**What can be done about stage fright?**

- There are different strategies, methods and therapies for dealing with stage fright:
- Medication, with beta-blockers used most frequently;
- They decrease physiological symptoms, but not always the stress as it is felt; it can lead to 'flat' playing.

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Now, medication where with beta blockers used most frequently. Now they decrease physiological symptoms, but not always there is stress as it is felt. It can not lead to flat playing. I mean, you have to develop. Because we have seen that sometimes axi anxiety is. So, high that it is very difficult to control or to manage that. So, you know first that what kind of anxiety you have. Then medication and meditation both the way you can control those anxieties.

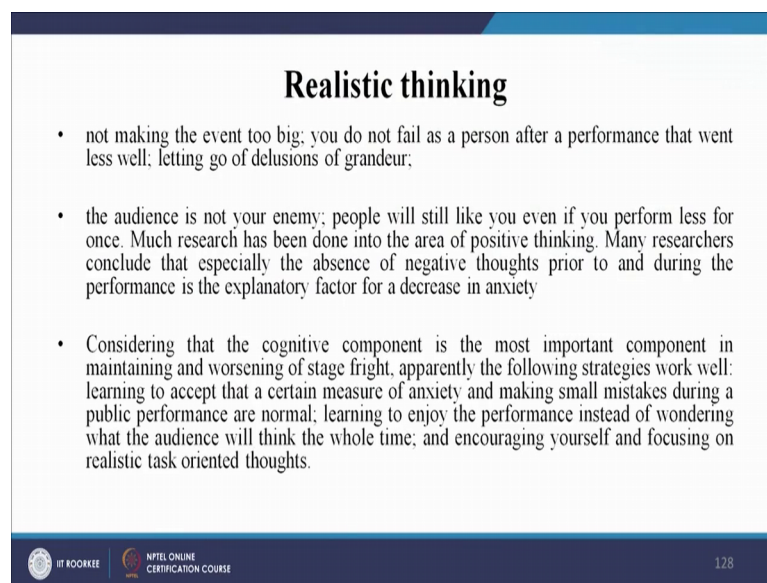
Now, relaxation techniques, such as yoga meditation auto generously training, I mean as yet there is insufficient research data of good quality to make definite a statement about the effectiveness of this technique; that is, in behind this that we all human being are different from each other. And as I said that the level of anxiety varies from person to person, from x to y from a to z. So, as per your level of anxiety, you have to fix up the medication or the strategy to neutralize or to reduce the very power of anxiety. This is fact that there is no strategy firm strategy def definite strategy written in a book with the help of that you can reduce you have to apply as per your psychology and your attitude.

Now, hypnotherapy while discussing the perspectives of neurolinguistics, we discussed hypnotherapy which is very important part of neurolinguistic programming. So, santen found a significant decrease in experienced, anxiety among test subjects who received hypnotherapy. Hypnotherapy is a kind of meditation. That is to say that complete concentration, and you come out in a new world where you are not obsessed with

anyone. So, that is a kind of deep meditation. The research was based on self-evaluation. The students were not tested in a performance situation.

So, in hypnotherapy what happened that you are totally connected and based on your mental cognitive aspect, and no other things, no distortion. So, even this kind of therapy, may give you some kind of relaxation, if you are nurturing developing, negative thought in great manner now realistic thinking, this is also a very important aspect to reduce the negative thinking.

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### Realistic thinking

- not making the event too big; you do not fail as a person after a performance that went less well; letting go of delusions of grandeur;
- the audience is not your enemy; people will still like you even if you perform less for once. Much research has been done into the area of positive thinking. Many researchers conclude that especially the absence of negative thoughts prior to and during the performance is the explanatory factor for a decrease in anxiety
- Considering that the cognitive component is the most important component in maintaining and worsening of stage fright, apparently the following strategies work well: learning to accept that a certain measure of anxiety and making small mistakes during a public performance are normal; learning to enjoy the performance instead of wondering what the audience will think the whole time; and encouraging yourself and focusing on realistic task oriented thoughts.

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Not making the event too big. You do not feel as a person after the performance that went less well.

Now, letting go of delusions of grandeur so, not making the even too big you do not feel as a person after performance. Now this is you think I mean once you are ready, or once you are ready to go to this stage you think well, whatever you have prepared it is fine it is and you have to speak up. It is not a question of life and death. And it is not the question of that if you are not going to lead your life is going to ruin.

So, realistic thinking and if you neutralize that kind of anxiety certainly, you will be able to control your emotion on this stage. The audience is not your enemy. Yes, this is very important cognitive aspect. As I discussed earlier also because if you look at somebody in the audience, he or she is a smiling for some other reason, but you are thinking that he

or she is smiling to listen to you sarcastic. I mean, it may disturb you and once you are going to be disturbed the failure will occur.

So, the audience is not your enemy, if you develop nurture this thinking. People will still like you even if you perform less for once. Must re much research has been done into the area of positive thinking. Yes, positive thinking and that is why hypnotherapy meditation, this is all related to realistic thinking. Many researchers conclude that especially the absence of negative thoughts prior to and during the performance is the explanatory factor for a decrease in anxiety.

So, when you discuss, when you think that the audience are not enemy I mean is not enemy the rather friend. The entire fear or the anxiety will remove, considering that the cognitive component is the most important component in maintaining and worsening of a stage fright, apparently the following strategy work well like learning to accept that a certain measure of anxiety and making a small mistakes during the public performance are normal.

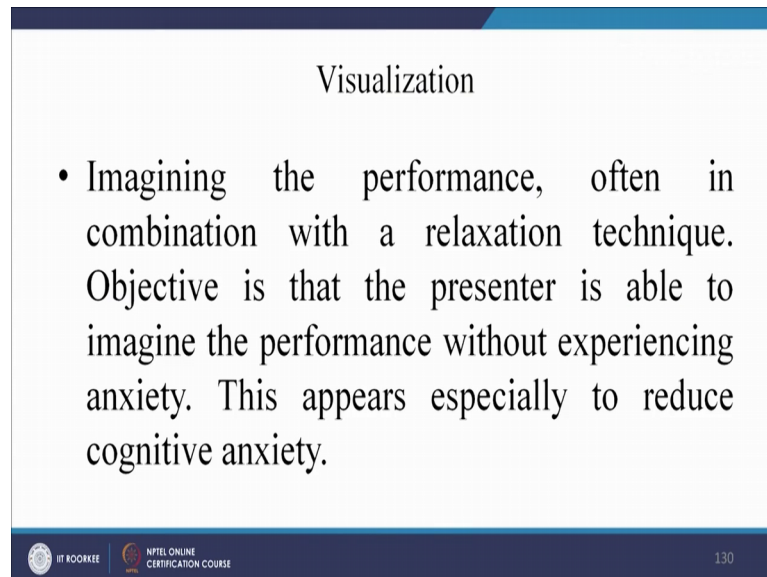
We all are human being. And if we commit any mistake well it is fine. We are not god we may commit mistakes. And then learning to enjoy the performance instead of wondering what the audience will think the whole time. This is also a very realistic approach. What audience is thinking that is not your problem, what you are saying that is that is your real problem. That it should be delivered well and encouraging yourself and focusing on realistic task-oriented thought.

So, yes, I mean you should be task oriented not audience oriented or the ambience oriented, and this is a kind of concentration on the task you are given to deliver. So, you think of that this is all realistic thinking it will make you successful speaker. Now practicing is this is also one of the very important aspects, over learning sometime this works and sometime it does not. Excessive practicing can also increase anxiety yes, it is always advisable, that you study day and night, but before one day of the examination, you go to the bed well on time and take rest so that you may not feel tired, you may not feel anxious.

Similarly, with a stage also so, over learning some time may create confusion and harassment. So, a better approach is the systematic variation of the performance conditions and gradually incorporating. More conditions as in the concert situation. This

is congruent with knowledge from kinetic research. That you learn and learn and learn, but before going to this stage you take rest. And give some space to your mind to think about your learning or the strategy you are going to follow when you are on the stage.

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Visualization

- Imagining the performance, often in combination with a relaxation technique. Objective is that the presenter is able to imagine the performance without experiencing anxiety. This appears especially to reduce cognitive anxiety.

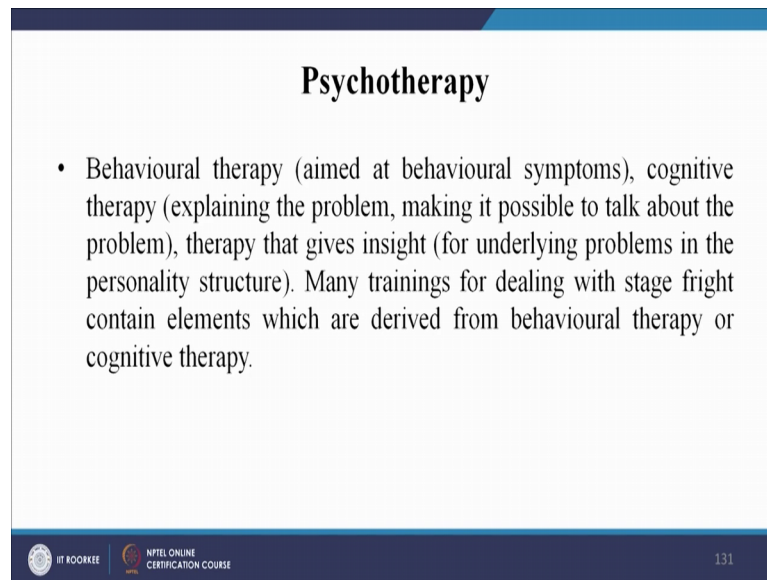
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Visualization, imagining the performance often in combination with a relaxation technique objective is that the presenter is able to imagine the performance, without experiencing anxiety. This appears specially to reduce cognitive anxiety. This is a kind of remedy that you think a kind of enjoyment, that you are going to speak to entertain the audience. And develop this kind of feeling into your mind. And when you will develop this feeling into your mind automatically a relaxation will come to your mind. And if you are relaxed while delivering a lecture very cool, very good and people will appreciate that the presentation was excellent.

Physiotherapy, now psychotherapy, behavioral therapy aimed at behavioral symptoms, cognitive therapy explaining the problem making it possible to talk about the problem. Therapy that gives insight for underlying problems in the personality structure many trainings for dealing with a stage fright contain elements which are derived from behavioral therapy or cognitive therapy.

So, we discuss we have already discussed the behavioral component physiological component and cognitive component.

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**Psychotherapy**

- Behavioural therapy (aimed at behavioural symptoms), cognitive therapy (explaining the problem, making it possible to talk about the problem), therapy that gives insight (for underlying problems in the personality structure). Many trainings for dealing with stage fright contain elements which are derived from behavioural therapy or cognitive therapy.

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So, psychotherapy when you are feeling that where is the problem, you can discuss this problem openly and if you can hit the problem, that where the problem occurs, how to neutralize it, reduce it, you will be able to neutralize the problem or the anxiety. Insight into what drives you. Wondering why it is you who make presentation, how do you want to function as a speaker?

What makes the subject special for you, what is your own individuality, without comparing your achievement in part to those of other aspects. That have to do with self-image and identity be the individual be your self. Insight into yourself I mean the introspection is the best way. And what you want to deliver it in a very novel form. Why to imitate others. Why do think of other that he or she is a very good speaker, why not me.

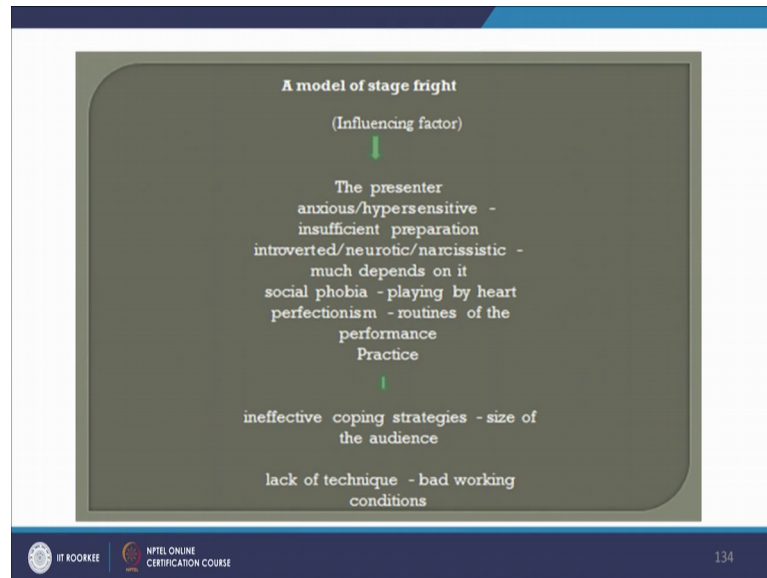
Do not think of other, you just judge yourself, and you think that how much justice you can do with the given topic. And you think in a very positive manner that you are going to speak in the best manner possible. I am sure that they will give you energy to speak best on the given topic.

Now, the best way of learning how to deal with a stage fright is self-examination and taking charge of the measure that best fit you to combat anxiety. Yes, how to deal with a stage fright is self-examination. For me, it may not be very serious. But as we were discussing that some time it goes so high up to the level where some kind of medication



is required. So, it is a kind of self-examination. How to take your problem? You realize yourself and accordingly you combat your anxiety.

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Now, this is the model of a stage fright influencing factors, the presenter then anxious and hypersensitivity, insufficient preparation, introvert, neurotic narcissistic, much depends on it social phobia, playing by heart perfectionism, routines of the performance practice, in effective coping is strategies, size of the audience, lack of technique, bad working condition, because everything needs some kind of practice. Every need everything needs some kind of training.

So, if you have all the negative aspect you know around you, naturally you are going to fail. So, give some kind of practice think better of the audience, think positive for your performance is going to help you all the time it is improve your it is going to improve your performance. Controlling the set some symptoms recognize the stress as excitement. The physiological symptoms associated with public speaking are virtually the same as those you would experience if you rode a rollercoaster went on your first rafting trip, or got married.

The real difference is that you have learned to associate fright with being on a stage on fun with being on a rollercoaster. Yes, the heart palpitation, what happened to the rollercoaster my goodness how to manage the heart palpitation. The goal of stage fright control is not to make the symptoms go away. The goal is to learn ways to make the

adrenaline rush work for you rather than against you. And it will work when you think positive, to change the hormone

Now, watch what you eat it is also very important. Because to control the nervous system, that your physical gesture, posture your behavioral component, it is very important that it to what you are going to eat or take before you are coming to this stage for many people the most debilitating symptoms of stage fright.

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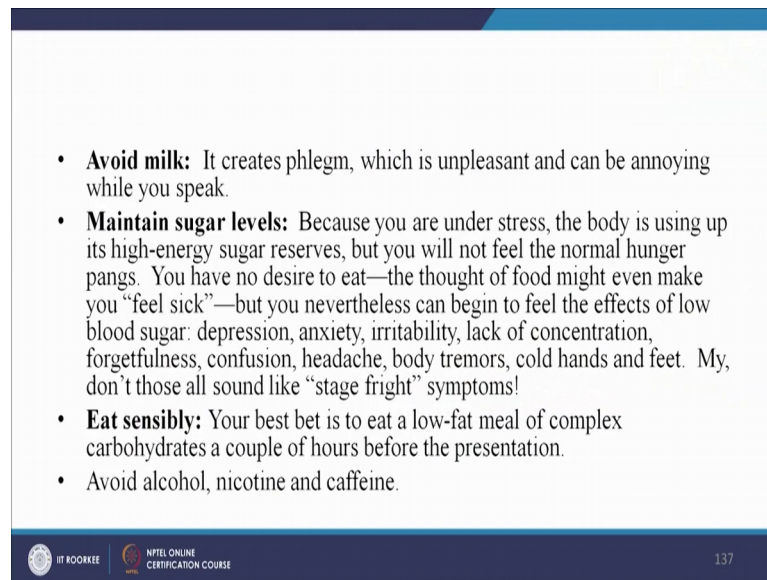
• Watch what you eat. For many people the most debilitating symptoms of stage fright are the consequences of the digestive system shutting down. Figure out what your own digestive system does (or doesn't do) under stress, and see that you time your food intake to accommodate it. Advice varies from person to person, but here's a list of the most common solutions to various problems:

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Are the consequences of the digestive system shutting down? In digestion, why? Because of the anxiety and the entire digestion get disturbed. Figure out what your own digestive system does or does not do, under the stress and see, that your time you time your food intake to accommodate it. Advice varies from person to person, but here is list of the most common solution to various problems. Because it is always advisable that you take light food that may not going to hit your cognitive component as well as your physical component.

So, avoid milk, it creates phlegm and which is unpleasant and can be annoying while you speak. Maintain sugar levels, because you are under stress the body is using up is high energy sugar reserves.

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- **Avoid milk:** It creates phlegm, which is unpleasant and can be annoying while you speak.
- **Maintain sugar levels:** Because you are under stress, the body is using up its high-energy sugar reserves, but you will not feel the normal hunger pangs. You have no desire to eat—the thought of food might even make you “feel sick”—but you nevertheless can begin to feel the effects of low blood sugar: depression, anxiety, irritability, lack of concentration, forgetfulness, confusion, headache, body tremors, cold hands and feet. My, don’t those all sound like “stage fright” symptoms!
- **Eat sensibly:** Your best bet is to eat a low-fat meal of complex carbohydrates a couple of hours before the presentation.
- Avoid alcohol, nicotine and caffeine.

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But you will not feel the normal hunger pangs, you have no desire to eat out of nervousness. The thought of food might even make you feel sick because of the negative ideas, and the negative thought and the fatigue ness. But you nevertheless can begin to feel the effects of low blood sugar. Depression, anxiety, irritability, lack of concentration, forgetfulness, confusion, headache, body tremors, cold hands and feet; well, this is all are the symptoms of stage fright, eat sensibly.

So, your best bet is to eat a low-fat meal of complex carbohydrates, a couple of hours before the presentation. Avoid alcohol, nicotine and caffeine. Develop if feeling to be a good and strong presenter. Finally, it goes to you. Your mind, if you think that you can, you can. Because your mind is your real being and that entire discussion hovers around the mental development.

Because when you prepare your topic, when you have decided to speak, it is you who is taking the decision. It is you who is putting all the effort to become a good presenter. So, when you think that, yes, you need to be a very good and strong presenter, it is you who has to decide because there is no remedy to take to become a very good presenter or a speaker. It is all your source and what are the sources, sources you are thinking, sources your perception thinking your how to take the resources around you.

Because remember when we are discu we were discussing perspectives on neurolinguistic programming. Well, we discussed the outsource resources also. And if

you are rigid, naturally you are going to fail. If you are flexible, I mean, sometimes it happens, that it is black out. Your mind or your brain completely shut down. What happened in that situation? You have to develop your own.

And you have to use your creativity, because every person has creativity to some extent. So, how to exploit that creativity all depends on you. So, in that situation when you are missing something, and when it is black out you try to energize yourself, and to rebuilt the confidence to speak up. Again, in front of the audience that is why it is very important to develop a feeling to be a good and strong presenter. And this is how that you can control your nerves.

Again, I just want to tell you one thing more. That it is not a one-day affair. Practicing and we also discuss mirroring while discussing perspectives or neurolinguistic, that you practice such things in the mirror. You speak, because you know one of the failure, and one of the reasons for failure is your body physical component. So, you look into the mirror, that what kind of gesture and posture you are posing automatically while delivering lecture. If you feel if you find something very ridiculous something very you know I mean out of date, you and remove that. You yourself feel that, no it should not go with the talk.

So, this is the mirroring is the best way to practice. And in my opinion, there is nothing like practicing. The more you speak, the more you read, the more you gain knowledge, the more you would be the best presenter. And for that also as I discuss, that the more you come out of your room, and mix up with the people. Because to becoming a good presenter what is required most that you know the people, you know the people's sentiment.

Their action or reaction and if you are able to know their action or reaction, I am sure that one day you will be a good present. It is all the game of time. It is all the matter of your choice. Whether you fail or whether you get success. So, control your mind. That is why I said that if you want to be you will. Because your mind is your real being with this I mean I just include the topic of the stage fear, under the banner under the subject of perspectives or neurolinguistic programming.

Thank you very much.