

Performance Practice and Confidence Review

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Understanding Performance Anxiety and Building Confidence

Name: _____

Date: _____

Answer the following questions based on what you learned about managing performance nerves and building confidence.

1. What did you learn about managing performance nerves?

2. What did 2 Timothy 1:7 tell us about fear?

- A. Fear is good
- B. God gave us a spirit of fear
- C. God gave us a spirit of power, love, and self-control

3. Preparation helps build confidence for performances.

True False

4. Mistakes during a performance are opportunities to ____ and grow.

5. How can prayer help you feel calm before performing?

6. Which of the following is a strategy for managing performance anxiety?

- A. Avoid practicing
- B. Deep breathing techniques
- C. Ignore your feelings

7. Performance is only about being perfect.

True False

8. Developing a biblical perspective on fear helps us remember that we are filled with ____ and love.

9. What are some deep breathing techniques you can use before a performance?

10. What is one thing you can do to prepare for a performance?

- A. Practice regularly
- B. Worry about mistakes
- C. Avoid performing altogether

Answer Key

1. I learned that managing performance nerves can involve prayer and preparation. It's important to remind myself that God helps me be confident. 2. God gave us a spirit of power, love, and self-control 3. True 4. learn 5. Prayer can help me feel calm because I can talk to God and ask for His help to overcome my fears and feel confident. 6. Deep breathing techniques 7. False 8. power 9. I can take deep breaths, hold them for a few seconds, and then slowly breathe out to help calm my nerves. 10. Practice regularly

