

# Self Questionnaire Vulnerability

Date and location performance:

Part I – Before the performance (to be filled out on the day of the performance)

How fit do I feel today?

1 – 2 – 3 – 4 – 5

How quiet seems my mind? (1 = noisy, distracted – 5 = quiet, focussed)

1 – 2 – 3 – 4 – 5

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Did I sleep well?

Yes/No

Did I manage to prepare this performance according to my preparation plan?

Yes/No

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Do I feel ready?

1 – 2 – 3 – 4 – 5

Do I know what I want to do in this performance? (1=nooo, 5 = exactly!)

1 – 2 – 3 – 4 – 5

How confident am I that this performance will be great?

1 – 2 – 3 – 4 – 5

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Do I know the location I'm going to perform?

Yes/No

Have I played there before?

Yes/No

Do I know my audience?

Yes/No

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How nervous have I been in the last weeks?

1 – 2 – 3 – 4 – 5

How nervous do I feel right now, on the day of the performance?

1 – 2 – 3 – 4 – 5

Do I feel like embracing vulnerability today?

1 – 2 – 3 – 4 – 5

## Part 2 – After the performance (to be filled out shortly after the performance)

How did it go? (Write down what comes to mind first)

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How quiet felt my mind when performing? (1 = noisy, distracted – 5 = quiet, focussed)

1 – 2 – 3 – 4 – 5

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How nervous did I feel when performing?

1 – 2 – 3 – 4 – 5

How satisfied am I with my playing today?

1 – 2 – 3 – 4 – 5

Do I feel like I did what I wanted to do?

Yes/No

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How vulnerable did I feel while performing?

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

What do I think made me feel this vulnerable?

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How vulnerable did I feel shortly after performing?

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

What do I think made me feel this vulnerable?

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Was I able to control my emotions?

Yes/No

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How was the connection between me and my instrument?

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How did I experience the connection with my audience?

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Was the setting the way I imagined it would be?

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What were the reactions of the audience?

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Did I embrace vulnerability today?

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Any other remarks, bijzonderheden:

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### Part 3 – When watching the video of the performance (after a few weeks/months)

What do you notice?

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How vulnerable do you seem?

1 – 2 – 3 – 4 – 5

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How confident do you seem?

1 – 2 – 3 – 4 – 5

How focused do you seem?

1 – 2 – 3 – 4 – 5

Does it feel like playing in a bubble or like communicating with the audience?

1 – 2 – 3 – 4 – 5

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How engaged does the audience seem?

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