

Topic	Commonality	Statements Made
General observations and differences	Some participants found it challenging and overwhelming with the new questions and requirements from "Diary (Week 2-4)"	<p>"I was not too good with "I will do this and this goes into this session". (Participant 3)</p> <p>"But I noticed in the beginning of the week that I was very overwhelmed with the different things, I felt more of a chore doing them than actually helped, and it got better during the week...My general observation is that doing three different things is too much for me." (Participant 6)</p> <p>"Saying which pieces I practised is sort of redundant because I already have the goals and I tend to cross out goals, so it's a bit like a double thing. And the reflection on which techniques were used I also didn't like so much and I noticed that I found it difficult to say what I didn't like." (Participant 6)</p> <p>"I actually struggled a bit with some of the aspects of this diary. I'm not too good at setting goals and I found it difficult to set smart goals....And so that was something that I struggled with and I also noticed that because I'm a very routine person when I practice...I wanted to try new things but I think that's not really within my practice style..." (Participant 11)</p> <p>"I normally already write things down before practising, and I have my diary log. For me it's a bit too much writing this week. It felt a bit too much sometimes because I was already writing every time. When I have 45 minutes of practice, and I'm writing for more than 10 mins, that's not good. I find it hard to answer this question "Challenges are easier to tackle". I used audiation and imagining a lot, and I found it hard to notice if my challenge were easier to tackle than another method. (Participant 12)</p>
	Improvement in practice quality	<p>"The last two or three days, I felt I was playing way better but I don't know if it was related or not, I cannot be the judge of that, but the last two or three days I felt more comfortable playing than before." (Participant 1)</p> <p>"Yeah, I think my practice is a little more effective, definitely." (Participant 2)</p> <p>"I worked much, much, much better and longer in terms of time length also.. Playing something I enjoyed really helped me to start my practice session more energised and happy." (Participant 3)</p> <p>Participant 4 noted a big improvement through the use of audiation and it made practising more effective</p> <p>"Before, I didn't set goals, I just played; I practised. Maybe after one week I could feel the progress, but for now, I can feel like every day there was a little bit of progress." (Participant 5)</p> <p>"But then at some point, I let it go a bit more and I was more trying to see which thing could help me in that moment instead of trying to "I</p>

		<p>have to do this", more of using it as a tool instead of practising the tools. And that helped." (Participant 6)</p> <p>"I think the exercises of Audiation really worked in terms of results. These things got better because I trusted on my capabilities" (Participant 10)</p> <p>Participant 13 noted that the day after the workshop, there was a better quality of practice through a more vivid audiation than the workshop.</p>
	More aware	<p>"This week I was a little bit more conscious about rerouting." (Participant 1)</p> <p>"I was a little more aware of everything. So, it kind of made me realise that I had been even more distracted than I thought." (Participant 2)</p> <p>"What I noticed that's new for me, is that I like to make too many goals for a practice session because then I have something to take to the next one." (Participant 6)</p> <p>"I was also in general more aware when I was practising, because I knew all the time that "OK I will try to think about my mantra" all the time, I had something to go back to" & "But the good thing is that this programme makes me realise these things because you have to reflect, and that's really useful." (Participant 9)</p> <p>"I took charge in that sense of not avoiding the things that I was scared of because I know last session like I shared that I avoid things and I don't want to do things that I'm afraid of."</p>
	Organised	<p>"In practice, I want to do too many things at once. I want to tackle all the problems I have and now, I was able to just choose one and focus on that one and then the the next session I could do another thing" (Participant 7)</p> <p>"I would say the main difference between the first and second week is that I'm more organised. Before, I would just think about what to practice like a few minutes before or coming here on the tram or walking." (Participant 8)</p>
	More motivated	<p>"So just the fact that I was regularly practising everyday and in a good way made me enthusiastic about what I was doing." (Participant 3)</p> <p>"I noticed that I was more motivated in general, to practice" (Participant 9)</p> <p>"I think audiation is great, I intend to use it for some time now. Now that I had this workshop, it gave me the motivation to really do it." (Participant 10)</p>

	Time/Anxiety	<p>"I noticed it was quite stressful if you wrote down you did nothing...And then the day after, I felt a lot of pressure, because I felt better and wanted to have a very good session." (Participant 7)</p> <p>"But I also notice that I often either rush into a room or rush out of the room, which makes it difficult with this kind of thing because you have to take your time to reflect and then I lose time. So then, I went into the room, and then I did all this, and I lost some minutes from the practice which stressed me out a little." (Participant 9)</p> <p>"I started to feel a little bit bad about [my practice], because I thought, "oh I should be doing different things like things that are challenging me or things that are different" (Participant 11)</p>
	Participants this week seemed to be more exploratory in the aspect of "Immersive Musical Imagination" while not as much in the other two aspects of "Taking Charge" and "Mindfulness".	<p>Participants 1,2, 3,5,7,8,10,11 and 12 did not explore anything beyond goals and mantra.</p> <p>"In terms of taking charge, I always tend to organise myself mentally rather than writing things down, and I think there's a step I have to take and I haven't taken yet." (Participant 2)</p> <p>Participant 8 did not explore new ways of "Taking Charge", but explored one new way in "Mindfulness" and in "Immersive Musical Imagination".</p> <p>"Yeah, for me as I said before, this was a difficult thing for me because I didn't really take my time to take charge. Also, I was focusing way more on the audiation this week, but that will be something for next week." (Participant 9) but Participant 9 did explore one new technique under "Mindfulness"</p> <p>"I'm not doing much to [mindfulness] this week." (Participant 5). Participant 5 noted 2 different explorations in "Immersive Musical Imagination"</p> <p>"I'm not sure if I came up with anything about mindfulness" (Participant 11)</p>
Taking charge/ Autonomy	Experience with SMART Goals/ Goal setting	<p>"For the goals, to be honest, I don't think I tried even once to set a very smart goal." (Participant 3)</p> <p>Participant 4 noted that SMART goal setting forced them to be more realistic in goals as the goals were time specific.</p> <p>"Especially my first hour in the morning, which is usually warming up scales, general technique. I find it hard to have concrete goals for that, because I know I should do it and my goals are more in the sense of relaxation, sound and intonation," (Participant 6)</p> <p>"For me it's really the opposite. I think for me, the goals worked really well, although I'm not very good at it still" (Participant 10)</p> <p>"I actually struggled a bit with some of the aspects of this diary. I'm not too good at setting goals and I found it difficult to set smart goals. Mostly being the time frame...I think for me it does more harm than</p>

		<p>good, a little bit, if it's that specific for each session.” (Participant 11)</p> <p>“Before this research I already made goals, but not so SMART. I notice that before I practise it's just really good to think about it, but most of the times when I play it through, it was better to then after that made the goal. So first play it, because otherwise I would make a goal and then maybe some other thing was more important that I didn't know. For me, it helped to first play it and then make the goal what is needed the most.” (Participant 12)</p> <p>Participant 13 noted that goal setting was helpful to set their focus on the right things.</p>
Mindfulness/ Enhanced expectancies	Impact of mantra	<p>“Today, I wrote “Think simple, think easy” and at some point in the session, I was like, “Ok, so what was my mantra? Think simple.” I'm not thinking simple because I tend to think too much, make too many calculations and try to be scientific. So at some points during the session it helped me, but it wasn't present all the time” (Participant 1)</p> <p>“And I'm trying to listen to my body a little more and it's working actually. I had an audition yesterday, it worked pretty fine. I don't think I've been that relaxed in an audition for a long time... Yeah, [my mantra] was “Let go”. I also had another two mantras because I started experimenting. Like yesterday, the mantra that I used was “Body feeling”. ” (Participant 2)</p> <p>“My mantra was “Go for it”. I feel like at the beginning of the week it helped me a lot...towards the end of the week, maybe it had become a bit repetitive or something, so it didn't make as much effect” (Participant 3)</p> <p>Participant 4's mantra was “Less is more” and noted that their energy improved during practice because of more efficient energy usage.</p> <p>“My mantra is stay focused because I always get distracted by phones or maybe some drums are playing in the next room. For me, because I have to write the mantra every day before practising, so I think this is really helping me to remind myself during practise.” (Participant 5)</p> <p>““Enjoy the challenge” I think that was a very good one because the things that I think of are really in the sense of “relaxation is better”. Or even “trust yourself”, that's already something for me that's very practice related. Like if you have to make big jumps, you have to practise the trust.” (Participant 6)</p> <p>“And then I followed the mantra “I do matter” because I always think about others who can play better and all those soloist. But why am I bothering like that thing? And then I felt like “but I'm really doing it for myself. And I do matter.”” (Participant 7)</p> <p>“[M]y mantra was about having fun during practice, so I will try to, even though it's a challenging part to remind myself, to have fun. Sometimes it worked, sometimes it didn't.” (Participant 8)</p>

		<p>"Mine was "hear it, sing it". Yeah it worked, I mean it made me do a lot of audiation things, mostly. I think it's really useful." (Participant 9)</p> <p>"So my mantra is "I am capable". For me, it really made a huge difference." (Participant 10)</p> <p>"My mantra was "I trust myself, my intuition and my body". It was most helpful when I was playing excerpts and doing my mock auditions because I think a big part of the root of where my performance anxiety comes from is being there and thinking, "Can I really play this?" and doubting my preparation or my skills. By thinking about my mantra, it allowed or gave me permission to be confident and to really think "Oh yeah, I can do this". So I used it for my mock auditions and it was really helpful in that aspect. (Participant 11)</p> <p>"I enjoy every note" because it helps me to get away from this feeling that I have to be good or I have to play the violin well. It will bring you back to the moment and with the music so yes, I think I could continue with that." (Participant 12)</p> <p>Participant 13 noted that their mantra was "I enjoy the challenges" and it helped them in the sense that it was a "want to" instead of a "have to" kind of thing.</p>
Immersive Musical Imagination/ External Focus/ Audiation/ Visualisation/	Difficulties in using it	<p>"It was a little tiring. I'm not so used to it, because usually I'm a very cerebral person.... It was weird at the beginning because it felt like I didn't know how to play the violin. All of a sudden, I had to let go of so many things" (Participant 2)</p> <p>"I realised that I really need to train my mind because it demands so much energy and so much focus" (Participant 3)</p> <p>"I almost never use it for body parts, I find it also very difficult. It's something I need to practise." (Participant 6)</p> <p>"I don't use audiation when I first start a new piece, and I'm just really busy with the notes and I just don't play them as music." (Participant 7)</p> <p>"It was really difficult to let go of your instrument. I would have my harp here, I would be seated and sometimes I needed to sit somewhere else and just try to audiate and at first it was really difficult to imagine using just your body in your mind." (Participant 8)</p> <p>"But I found it a little bit difficult to use audiation, for example, when I have to do scales, I didn't do it." (Participant 9)</p> <p>"It's something that demands a lot of energy, so in some sessions I was tired and was like, "OK, we'll do this for 10 minutes"". (Participant 10)</p>

		Participant 13 noted that they needed to be conscious of when using audiation, if not, it would drop back down to level 0.
	Improvements in usage	<p>"I had the idea that I have to solve problems by thinking of muscular things like, if I don't do a phrase correctly, "OK, what are my lips doing? What are, what is my hand doing?" And now I'm in the process of trying to get away from that" (Participant 1)</p> <p>"But yeah, maybe the second or third time [of using audiation] was a little better." (Participant 2)</p> <p>"I did like that it made me more aware of the levels of audiation. Because I did not know of them before. So I really liked when I was trying things to go, "Oh now I'm at this level. Oh, now in that level", and then I also realised which levels I don't do." (Participant 6)</p> <p>"But at the end of the week, it became better and I actually enjoyed it." (Participant 8)</p> <p>"[Audiation] got better because I trusted on my capabilities." (Participant 10)</p>
	Participants who already knew about audiation but found audiation being enhanced by intervention	<p>"It's actually funny because I realised that audiation was actually a tool that my previous teacher had told me a lot about all the time and we really had worked so much on it, but for some reason I had completely forgotten about it and I didn't do it anymore when I was on my own. So it was good to kind of reconnect with that" (Participant 3)</p> <p>"I think much of this information about audiation was not so new to me. But this time I took it quite seriously to really try out. My teacher talks a lot about this, but I think what made a huge difference was the mantra... my teacher, she talks a lot about this kind of having the mental image of musically what you want to do and in lesson "you're able to do it". For me sometimes it's so much pressure and then with this week you just said you just try out the techniques, see what works for you and for me was really the step that I needed to really lose my fear of doing it and just do it because I didn't feel the pressure that I need to do this right." (Participant 10)</p> <p>"Yes, I already did some audiation too, so now I was more like "can I use it in more ways?" I mostly used it when there was something I wanted to make more musical or something, I would sing it and find the way I like it and so without playing, imagining it in my head, or singing it out loud." (Participant 12)</p>
	Usefulness of audiation	<p>"In one session I was playing with the piano, and I was missing a lot of notes and I wasn't in the correct mindset. I imagined I was playing the [instrument] in 1810 or something like that in a Parisian salon or whatever and then I was kind of in a better mindset." (Participant 1)</p> <p>"In general, I must say it helped me a lot changing the way I consider my sound, yeah, because for quite a long time I kind of left out my thinking and the conscious part about how I actually wanted to sound, what sound I wanted to project." (Participant 3)</p>

		<p>"I think that the audiation is really helping me a lot." (Participant 5)</p> <p>"A thing that helps me a lot is that I imagine how someone else would play it." (Participant 6)</p> <p>"I mean it made me do a lot of audiation things, mostly. I think it's really useful" (Participant 9)</p> <p>"I think the exercises of Audiation really worked in terms of results." (Participant 10)</p> <p>"It was really helpful for me when I was working on excerpts and performing excerpts" (Participant 11)</p>
	<p>Question of: "In which circumstances did you not use "Immersive Musical Imagination"?"</p>	<p>"If I had to name one place that it was especially hard to incorporate, it was in the really high notes." (Participant 2)</p> <p>"There are like quite some parts this week, where I had to sight read so I didn't use it at all, because I was really reading the score and tried to put everything together. (Participant 3)</p> <p>"I think in fast passages, it is hard to use audiation and when I do like some basic things, like long notes or scales." (Participant 5)</p> <p>"I was doing an etude in a crappy tonality, and I had to look for more resonance from the instrument. So then it's not so much about the perfect pitch, but just "how do I make the note resonate as much as possible?" So then I'm just trying, so it's more that I don't imagine it. It's just a bit lower, a bit higher, a bit more with the bow like this, a bit more with the bow like that. "Ah, that was it. OK, that's how I did it, next one." The easy notes are like the ones that go with an open string, so I do have that sort of as a reference, like that's the most possible resonance I could have. But that's mainly level 0 because I'm just trying." (Participant 6)</p> <p>"I don't use audiation when I first start a new piece, and I'm just really busy with the notes and I just don't play them as music. But really just think where is there? Where do I touch the string? And my bow, I make very easy. Sometimes I just hold it like this. You still have a good sound but don't focus on that, because there's so much work to focus on and then that's no audiation at all." (Participant 7)</p> <p>"I will just learn these passages and then just focus on the right hand and the left hand will do its thing without me thinking about it. That's why I will start to audiate just on the right hand." (Participant 8)</p> <p>"Scales or fast passages actually. I think the times where I had to do something with my fingers, that didn't work. Yeah, I would rather focus on the fingers instead." (Participant 9)</p> <p>"When I didn't use it this week, it was because I was still a bit lazy to use it" (Participant 10)</p> <p>"I think I pretty much always have a baseline level of one. So, I'm not sure if there's any situation I don't audiate" (Participant 11)</p>

		<p>"I think in my case, sometimes also with pieces I'm not using audiation, and then I'm feeling and experimenting a lot." (Participant 12)</p>
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