

# Coding

- Self-efficacy & trust
- Focus & flow
- Connection: self & instrument/self/ audience
- Feeling of authenticity
- Feedback

Insight/remarkable

Vulnerability

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## Data

### Describing the recorded performances (before designing the self-questionnaire)

#### 1. December – masterclass Mlekusch

Mlekusch has been my teacher when I studied in Switzerland during my bachelor. The exchange semester I did there wasn't the best time of my life, I am not proud of how I performed there and feel a bit of shame and hurt when I think back to that period. As Lars, my main subject teacher, knew about this period, he warned me to be mentally prepared for the masterclass of today. Of course, I wanted to prove myself today, show that I can play well. And that is okay, but that was not the main goal. The goal was to improve my playing. I prepared for this masterclass as if it were an important exam. I visualised playing before Mlekusch, using a picture of him on my music stand. I took my time to prepare and visualise the masterclass very well. Also, I decided not to wear high heels: for I am not coming to impress or prove, but to make music. The moment I saw Mlekusch, I was not scared or nervous, I was even happy to see him again. I felt comforted by the thought that we knew each other. And then: I played great! I really had a blast. I enjoyed, learned new things and felt connected with my instrument and the music. Lesson learned: preparing well (including visualising) works!

#### 2. 16<sup>th</sup> of December – Saxophone Performance Class – Vitali Chaconne

I fought the good fight. I was very much present and knew before already what I was going to do: I was going to take my audience on a lovely, romantic ride. This focus though wasn't 100% all throughout the piece. The Chaconne is a very hard piece to play, mainly because it never stops. The piece doesn't offer a lot of time to breathe and recover. I found myself losing focus now and then, because I was busy keeping my breath low or surviving the technical passages. I did get back to my focus time after time, which made me feel calm and secure.

3. 27<sup>th</sup> of January – Saxophone Performance Class – Rueff Sonata 2<sup>nd</sup> movement (solo)

I noticed that during the performance I was quite busy with myself. I wasn't really noticing my audience (being fellow students and teachers). In the morning of the same day I had a saxophone lesson and we had been working on this piece. During the performance I felt my focus being on the things we worked on. I was and felt very much in control of my sound, was enjoying myself, did what I was planning to do (technically and musically spoken), but didn't consciously connect with or open up to my audience.

Afterwards my teacher commented: You improved so much! The saxophone didn't play you, but you played the saxophone. You probably don't even realise how much might and power you have. Now you found this, you can start sharing it with others again. You can open up, you don't have to be so busy with yourself now.

4. 11<sup>th</sup> of February – Performance Science Class Wieke Karsten – Vitali Chaconne (solo, beginning)

Surprise!

In this class of Wieke Karsten and Susan Williams we were, as an introduction, all asked to play a bit in front of the group and add some words about our research. I played a bit of Vitali's Chaconne and then shared about my research. The class was taking place in a lecture hall, a large room with a pitched floor, used for instruction. Which means that my audience was sitting like 5 meters in front of me. I knew this was going to be the setting and I was prepared for it, I visualized my performance. I wasn't too nervous. But then something happened I wasn't prepared for: Wieke asked me if, in the context of my research, I might prefer to do it once more with the audience seated in a circle close around me. I did it, one of my class mates filmed it. It was quite scary, I didn't really feel nervous, but I did feel vulnerable. I took more risks compared to the first time I played, but I think I can still take more. My reed was a bit too strong to play soft, but I didn't want to damage the ears of my audience, so I was a bit searching in how loud / soft to play. Good to take into consideration when playing soprano saxophone in intimate settings. I was surprised to hear that not everybody in the audience noticed that I used circular breathing. While they were all musicians and sitting very close by. Note to self: Take time before you start, also in exciting or spontaneous settings.

5. 15<sup>th</sup> of February – Northern Lights concert Kamerkoor Fibonacci – Evening Prayer – tenorsax impro (recording from 19.22 till 25.42 minutes, zoom: stereo, folder 5, number 19)  
(film; Arieke de Vries)

- Improvisation = next level in vulnerability and feeling exposed! I noticed that I was observing myself quite a bit. Or actually not observing, but judging. There were moments I forgot about it and got into the flow of the music, but not all the time. I'm curious to listen to the recording afterwards, I don't remember everything so clearly.
- When listening the recording afterwards: It actually is beautiful!! There's only one moment in the big improvisation where you can hear that I am kind of 'surprised' because of a 'wrong / weird' note and lose focus for a second. Also, in the end of the piece, when the choir is getting lost, my improvisation sounds a bit less convincing, but still atmospheric.

- Improvising feels vulnerable. I notice that I try to fight this by being well prepared. Don't know if that's a bad thing. I guess not.
- I think my position, on the floor, in between the grand piano and the big stage, had a big influence on my (feelings about my) performance. The choir was mainly singing ooh and aaah, but standing on a huge stage, while I was the soloist. Because of the position I was given, it felt like I was given less space, less room to play. I got the feeling that I was dynamically seen taking more room than was given to me. Those thoughts and feelings increased when I noticed the facial expressions of a man in the audience while playing. His look wasn't very encouraging. Afterwards my friend who recorded the performance told me that it wasn't too loud at all. And by the way, she hadn't even realized I was improvising. Which I decided to take as a compliment.
- Note to self: it is not a good idea to go to a crowded shopping mall the day on the day of the concert. On the contrary turning off the phone and asking for your own dressing room is a good idea. It's also recommended to try out the outfit before the concert.
- When preparing, take into account photographers might be distracting during the performance.

Last but not least: I was wearing heels and it didn't bother me at all! I felt pretty. It could be that my sound would have been even more grounded when I wasn't wearing heels, but I don't think anybody in the audience would have heard it.

## Start use self-questionnaire

### 6. 14 July 2020 KC

ALLEREERST: Wat voelde ik me in de schaduw staan zeg! Er speelde ook een hele knappe, Braziliaanse violiste die echt de hemel in werd geprezen. Ik werd aangekondigd als: Marlon gaat een stukje spelen. En zij werd met allerlei loftuigen aangekondigd, ze was echt een excellente studente blablablablabla. Ik kan er een lang verhaal van maken en alle details opsommen, maar het leek me vooral zinnig om op te schrijven dat ik dit echt super irritant vond en dat dit vooral invloed gehad heeft op Beat Me en mijn gemoedstoestand na afloop. (Telemann was namelijk aan het begin van het event, voordat de violiste uitgebreid werd aangekondigd en gedeeld op social media etc.)

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

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

Het ging goed! Ja, ik heb echt genoten, vooral van Telemann. Ik heb echt een fijne performance gehad. Het was superstil van tevoren in de zaal en ik heb echt genoten van de stilte wist gewoon: oké, dit wordt heel mooi, ik ga gewoon heel mooi spelen! Het klonk ook heel mooi in de zaal, dat hielp me om mijn focus te houden op de muziek en op de klank. En ja, het was goed. Ik merkte dat ik in deel 1 en 2 heel mooi en fijn, met goede energie speelde – in het derde deel ontglipte me iets een beetje, maar al vrij snel had ik ook weer controle en was ik echt weer lekker aan het spelen. Dus Telemann, ja heel goed. Beat me merkte ik dat het nog een beetje te fris was, niet alles viel op z'n plek, maar dat heeft niemand gemerkt. Iedereen was echt laaiend enthousiast k heb me vooral gewoon heel erg kunnen focussen op: 'oké, ik ga een feestje maken!'. Het was best wel een tegenhanger met de rest van het programma, dus het was ook echt alles of niets. Niet een beetje ofzo, maar gewoon echt volle bak gespeeld. Niet alles perfect, maar het bleef best wel overeind. Ben benieuwd hoe het zal zijn om het terug te luisteren!

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

1 – 2 – 3 – 4 – 5

Telemann grotendeels 5, soms even 4 of 3 , maar dan weer terug naar 5. Ik weet alweer waardoor het kwam: door een spuugje. In deel 3 kwam een spuugje en daar ging ik over nadenken. Gelukkig was ik het vrij snel daarna weer vergeten.

Bij Beat me was mijn mind op 4 denk ik. **Quiet is niet helemaal het goede woord. Ik was wel heel gefocust, maar ook heel actief bij Beat me.**

How nervous did I feel when performing?

1 – 2 – 3 – 4 – 5

Telemann; 2 wel spanning, maar niet zenuwachtig

Beat me; 3 ietsje nerveuzer

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

Telemann zeker! **Ik was één met de muziek en dat wilde ik ook.**

Beat me, ook ja. Want het feestje bleef overeind en dat wilde ik.

**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?**

**Ik voelde me best wel confident, ik was niet overweldigd by vulnerability. Bij Beat me voelde ik me wel een beetje exposed.**

**How vulnerable did I feel shortly after performing?**

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

**Na Beat me meer dan na Telemann. Na Telemann denk ik 3 of 4, voelde me vrij confident.**

**Na Beat me wist ik niet zo goed of mensen het wel leuk zouden vinden, daar ging ik over na denken, wat natuurlijk niet echt een handige focus is. Maargoed.**

What do I think made me feel this vulnerable?

Zie hierboven.

Was I able to control my emotions?

Yes/No

Ja, best aardig. Bij Beat me merkte ik iets meer dat het wat op en neer ging, maar het kwam ook steeds wel weer terug bij: oké, wat ben ik aan het doen, energie op de goede plek. In Telemann voelde ik me heel erg in control.

How was the connection between me and my instrument?

Telemann heel goed, Beat me eigenlijk ook wel goed. Ja, gewoon wel goed. Moet je daar meer woorden aan geven? **Bij Telemann voelde ik me heel erg één met mijn sax. Bij Beat me was ik ook wel echt saxofoon aan het spelen. Het voelde wel alsof we samen het klusje klaarden.**

How did I experience the connection with my audience?

Goed. Vooral bij Telemann hingen ze echt aan mijn lippen, dat was heel fijn om te merken, ze waren echt geboeid. Bij Beat me was ik eigenlijk te druk met mezelf om dat echt te bemerken. Daar was ik gewoon in mijn eigen party bubble.

Was the setting the way I imagined it would be?

Vantevoren misschien niet, maar sinds vanmiddag wel. Gisteren had ik het niet zo bedacht, maar sinds vanmiddag – ik was daar een paar uur voor de performance – was het wat ik verwacht had. Al waren de mensen luchtiger en vriendelijker dan ik dacht, meer vrouwen ook (ik had gedacht aan heel veel mannen.)

What were the reactions of the audience?

Reacties van het publiek waren heel positief. Ja, echt heel gaaf, gewoon heel enthousiast. Vooral Beat me vonden ze allemaal heel cool, dus dat was echt leuk om te merken, dat iedereen daar helemaal enthousiast over was. Maar ook Telemann werd heel goed ontvangen. Zelfs een paar blokfluitisten waren er, dat zijn natuurlijk wel de ultieme oude muzikkeners, ze hadden ook gestudeerd. Die vonden het prachtig, ja heel mooie lijnen, niet fragmentarisch, heel mooi zeiden ze! Beat me vond iedereen vooral lekker confident en energie.

Did I embrace vulnerability today?

Ik denk het wel, door er alleen al te staan. Ja, bij Telemann ben ik wat bewuster ingestapt, dat was heel goed. Ik merk dat dit echt een beetje eerste reacties zijn en dat ik het best moeilijk vind om nu te focussen en te bedenken wat ik allemaal voel, ik ben vooral een beetje moe en excited tegelijkertijd. Maar ik denk dat er gaan staan al wel een daad van vulnerability was en bij Telemann misschien nog meer dan bij Beat me. Omdat ik bij Beat me zoals ik zei wat meer met mezelf bezig was. Maargoed, ik ging er wel voor.

Any other remarks, bijzonderheden:

Er speelde ook iemand anders en er waren ook een aantal filmpjes en die waren allemaal heel klassiek. Die violiste was zeer geliefd bij het publiek, dat merkte ik aan alles. Dus toen dat klaar was merkte ik een beetje onzekerheid, toen dacht ik: oh shit, gaat Beat me wel passen? Gaat het wel goed zijn? Ook onder het spelen van Beat me dacht ik af en toe: oh de mensen vinden het vast niks, maargoed ik ga gewoon een feestje maken. Terwijl achteraf bleek dat de mensen het allemaal fantastisch vonden, maargoed dat heb ik dan zelf anders ingeschat. Waardoor ik wel dacht: het is alles of niks, ik ga er gewoon voor. Dus ik heb wel alles gegeven, maar ik was al een beetje bezig met dat mensen het misschien niet leuk zouden vinden. Al genoot ik ook tijdens Beat me wel echt van het spelen. Vooral aan het begin met de slaps en de rusten, ik had heel veel power om de stilte te maken of te breken, dat vond ik echt cool. Het was een goede ervaring!

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

TELEMANN:

What do you notice?

Ik kom heel 'waardig' op lopen. Ik neem duidelijk de tijd voor ik begin en neem goed mijn plek in. Het geheel voelt op een paar momentjes na heel gecontroleerd en echt als kwaliteit. Ik neem wel wat risico's. Ik geniet duidelijk van het spelen, maar ben ook echt heel gefocust.

How vulnerable do you seem?

1 – 2 – 3 – 4 – 5

Lastige vraag, ik zie er vooral gefocust en in control uit, maar niet onbereikbaar of stijf. Het voelt wel kernachtig en echt.

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

Het voelt als spreken, als iets vertellen aan het publiek.

How engaged does the audience seem?

Valt niet echt te zien, het is – op één lawaaitje in het begin na – wel heel stil en rustig.

BEAT ME:

What do you notice?

Beweeglijk lichaam! Wel goede sfeer, lijkt grotendeels echt lekker te swingen. Overtuigend.

How vulnerable do you seem?

1 – 2 – 3 – 4 – 5

Ik weet niet of je bij Beat Me echt vulnerable kunt zijn. Het feit dat ik er helemaal voor ging, maakt een 5 van 5, maar hoe vulnerable het eruit ziet? 1 denk ik.

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How confident do you seem?

1 – 2 – 3 – 4 – 5

Soms zorgen de bewegingen (vooral tikken met de voet) er misschien voor dat het er net wat minder confident uitziet. Verder lijkt het heel confident.

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

Party bubble, dat was ook het doel!

How engaged does the audience seem?

Valt niks van te zien.



Picture made during performance

## 7. Self Questionnaire Vulnerability

Date and location performance: Der Aa Kerk 11 october 2020 (2 performances in 1 day, questionnaire filled out about the 2nd performance, which is on the recording as well)

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

My mind is quite quiet, but not super focussed/alert. A bit zoomed out I would say. I had to remind myself on the train not to hide, but to take place, cause what I have to bring might be of more value than I think.

Did I sleep well?

**Yes**/No

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

**Yes**/No

I didn't prepare all pieces extremely detailed, but the solo piece and most important fragments of the other pieces I did, according to my plan.

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

For the solo part I would say 4 out of 5. I know what I want to do, it just has to fall in place, which is een beetje spannend, but **I am quite confident it will work out. For the pieces with choir I am a bit more nervous, for I don't fully trust the choir and conductor, so don't really know what to expect in the concert.**

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

**Yes**/No

Have I played there before?

**Yes**/No *many years ago*

Do I know my audience?

**Yes**/No

The concert is organised by the choir I'm playing with. The only person I know in the audience is the composer of one of the pieces (Henk-Doeke Odinga)

How nervous have I been in the last weeks?

1 – 2 – **3** – **4** – 5

As mentioned before; I get a bit nervous from the choir/conductor, cause I don't fully trust them.



Also the piece where the composer is listening is a bit scary of course. But in general I haven't worried too much about it.

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

1 – 2 – 3 – 4 – 5 (mind zoomed out a bit, so no nerves)

Do I feel like embracing vulnerability today?

1 – 2 – 3 – 4 – 5 (Not really, I'm trying to make myself do so, because I know I want to)

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

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

It went well! Better than the first performance. I felt more free to shape, to listen, to play out of the heart. I have not hidden. I enjoyed my solo piece, also enjoyed playing together in the other pieces.

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

1 – 2 – 3 – 4 – 5

Solo piece; 4/5 out of 5, very much focussed, enjoying the sounds coming back to me in the big church, very much into it. Some little details now and then coming to my mind, but then very soon back to listening focus again. Other pieces 4 out of 5; quite focussed, but not all the time fully into it. I got a bit distracted now and then by my own playing or the things happening in the choir.

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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

Mainly, yes. There's always things to improve, but I did what I wanted to do. And in future I want to do it even better haha. I want to prepare more in different tempi, to be even better prepared on changing plans on the spot. (Whether it is my own plan that I change because of taste or acoustics or whatever or someone else's plan, like the conductor's).

How vulnerable did I feel while performing?

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

I didn't really notice. I think I felt quite strong, like having power. But I didn't really notice, as I was focussed on the sound and not on my feeling.

What do I think made me feel this vulnerable?

I knew I am a good player and I knew I was to focus on the sound in the space.

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?

The audience didn't give me much reason to feel vulnerable, they were applauding awkwardly long. I think I felt most vulnerable during this super long applause. Apart from this moment, I felt happy, voldaan and of course I had in mind the things to improve, but I was content in a way.

Was I able to control my emotions?

Yes/No

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How was the connection between me and my instrument?

Good. Could be even more grounded and secure I would say. But in the basics the connection was good, I could do what I wanted to do.

How did I experience the connection with my audience?

Good question. I wasn't super aware during the performance I was just making music and focussed on that. They were royal in their applause and facial expressions in between the pieces. And I noticed now and then while playing that they seemed interested.

Was the setting the way I imagined it would be?

No, the concert was in the choir of the church, instead of in the 'big church'. But, since it was the 2nd performance this day, I knew exactly what to expect from a few hours before.

What were the reactions of the audience?

The audience was very enthusiastic. They were in love with my sound, colors and playing in general. They were captured by the atmosphere I brought and amazed by the colors and power of the instrument.

Did I embrace vulnerability today?

I guess showing up and not hiding was embracing vulnerability.

Daring to do what I wanted to do with the music was embracing vulnerability.

And yes, this could be extended.

Any other remarks, bijzonderheden:

This concert was given in corona times. At the time the measurement was; maximum 30 people in the audience. But there were 31... The concert was stopped after the second piece and the person responsible for the church asked someone to leave. This was a very awkward moment. The lady who came in last (and hadn't made a proper reservation), refused to leave. Then someone else stood up and said: if someone has to leave, I can leave. This action touched me!

Programm I had to play:

- Hana Wasaku (with solo opening)
- 3 Haiku's (alto, soprano and percussion playing)
- Cranes (new piece by Henk-Doeke Odinga)
- Maï (solo piece)
- By the light of the moon (percussion → I realise only now that this was a moment of feeling vulnerable! Since I am not a percussionist and didn't really know how to behave/act and wasn't sure whether I would do a good job...)

Message from the conductor afterwards:

"Dank nog voor je inzet en prachtig spel. Klonk zo mooi! Krachtig, muzikaal en sfeervol"

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

#### **AUDIO ONLY**

What do you notice?

I take time before I start.

It sounds like unclinging the whole room, the whole church and taking all the audience with me in the performance.

How vulnerable do you seem?

1 – 2 – 3 – 4 – 5

Super hard to answer. It sounds like I am telling a story and taking risks. Sometimes I could even have taken more time.

How confident do you seem?

1 – 2 – 3 – 4 – 5

Can't see it.

How focused do you seem?

1 – 2 – 3 – 4 – 5

Can't see it.

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

1 – 2 – 3 – 4 – 5

Although the piece has something bubbly, it sounds like communicating.

How engaged does the audience seem?

Can't see it. They are silent though.

## 8. Self Questionnaire Vulnerability

Date and location performance: Der Aa Kerk 25 october 2020 (2 performances in 1 day, questionnaire filled out about the 1st performance, recording failed...)

Affirmation: Ik ben waardevol en heb iets waardevols te brengen.

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**

My mind seems a bit zoomed out, very quiet

Did I sleep well?

**Yes**/No

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

Yes/**No**

No, I've been in bed the whole week with migraine.

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

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

**Yes**/No

Have I played there before?

**Yes**/No (*two weeks ago*)

Do I know my audience?

Yes/**No**

The concert is organised by the choir I'm playing with. The only person I know in the audience is the composer of one of the pieces (Henk-Doeke Odinga)

How nervous have I been in the last weeks?

**1** – 2 – 3 – 4 – 5

As I was in bed the whole week, I didn't think I would make it today, I already fixed a standin.

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 Feels like I don't have a lot to give today, so giving what I have is quite vulnerable I guess.

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

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

In the beginning I was not completely there. I wasn't happy with how it went. Later, I herpakte myself. Mai, the solo piece where this performance and survey is actually about for me, went well! It was more calm than normal, therefore even more magical. There was a lovely peace in the church, in the audience. I really enjoyed playing. I might not have played exactly what was written, but I really did make music. Even though I didn't play it the way I prepared it.

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

1 – 2 – 3 – 4 – 5

Solo piece; 4

Other pieces: 1 or 2

How nervous did I feel when performing?

Solo piece: 1 – 2 – 3 – 4 – 5

Other pieces: 1 – 2 – 3 – 4 – 5 (My mind was super busy)

How satisfied am I with my playing today?

Solo piece: 1 – 2 – 3 – 4 – 5

Other pieces: 1 2 3 4 5

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

Yes/No

Mainly, yes. I gave what I had, so I did what I wanted to.

How vulnerable did I feel while performing?

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

First response: 4, I didn't feel a lot? Second thought: 8! I felt very naked actually.

Difficult question.

What do I think made me feel this vulnerable?

I felt very naked, because I didn't know how things were gonna come out, since I didn't feel prepared.

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?

The immediate positive reactions from the audience, made me feel quite okay.

Was I able to control my emotions?

Yes/No

.....

How was the connection between me and my instrument?

I didn't feel like being in full control. Although during my solo piece it was a lot better than during the other pieces.

How did I experience the connection with my audience?

- forgot to answer

Was the setting the way I imagined it would be?

Yes

What were the reactions of the audience?

The audience was very enthusiastic. They were in love with Mai, with the colors, the sound I produced.

Did I embrace vulnerability today?

Yes, although I could maybe even more turn off my mind and thoughts and just make music.

Any other remarks, bijzonderheden:

As I was recovering from my migraine and had to play two concerts today, I decided to skip the 'warmup/play through the program with the choir to save energy. This might have been a wise decision regarding my health and energy, but I think I would have played better during the performance if I would have joined the playing through. In the beginning of the concert I had a hard time being present, I was still a bit in my bubble. I think that a proper warm up would have given me a better focus and would have given me more adrenaline from the first moment of the performance onwards and not just halfway.

During the concert I felt: I don't want to use this performance for my research, because I feel way too tired to embrace vulnerability or understand the processes going on now.

Afterwards I realised that if I would just document what I thought and felt it might still contribute something to my research.

Program I had to play:

- Hana Wasaku (with solo opening)
- 3 Haiku's (alto, soprano and percussion playing)
- Cranes (new piece by Henk-Doeke Odinga)
- Mai (solo piece)
- By the light of the moon (percussion)

Message from the composer of one of the pieces I received afterwards:

"Ik wil je ten eerste nog compliment geven voor je mooie saxofoonspel met Focus Vocaal. In Cranes heb je de solistische rol heel mooi op je genomen en de dalende glissandi waren echt prachtig gespeeld en aangezet!

De 17/8 ste maat weet ik niet zeker maar ging meestal wel goed geloof ik.

Hopelijk heb je nog iets gehad aan de verbeterde notatie.

Je solostuk Mai van Rio Noda speelde je weergaloos, de lage tonen met accenten en hoge tonen die bleven hangen' waardoor er tegelijkertijd meer klanken waren. Daar hielp de akoestiek natuurlijk enorm bij. Je kreeg terecht veel applaus

Hoop dat je er een opname van hebt... " - Henk Doeke Odinga

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

Recording failed.

## 9. Self Questionnaire Vulnerability

Date and location performance: Der Aa Kerk 25 october 2020 (2 performances in 1 day, questionnaire filled out about the 2nd performance, which is recorded)

Affirmation: Ik ben waardevol en heb iets waardevols te brengen.

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

Less zoomed out than before the 1<sup>st</sup> performance, more clear.

Did I sleep well?

**Yes**/No

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

Yes/**No** I've been in bed the whole week with migraine.

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 I want to go for it

How confident am I that this performance will be great?

1 – 2 – **3** – 4 – 5

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** The concert is organised by the choir I'm playing with.

How nervous have I been in the last weeks?

**1** – 2 – 3 – 4 – 5

As I was in bed the whole week, I didn't think I would make it today, I already fixed a stand-in.

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 Yes, I want to go for it.

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

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

The beginning of the concert went much better than during the first performance, I really felt present and felt like making music being connected. During Mai however I did not. I had so many thoughts going on, I was distracted and I couldn't really shift to playing on my feelings and on feeling what was happening in the room. I was very much connected with my instrument though, it sounded the way I intended it to be.

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

1 – 2 – 3 – 4 – 5

Solo piece; 2

Other pieces: 4

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

Mainly, yes.

How vulnerable did I feel while performing?

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

Such a difficult question.. I really don't know. Maybe 7?

Can: I don't know be an answer?

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?

The immediate positive reactions from the audience, made me feel good.

Was I able to control my emotions?

Yes/No

I had a headache that was difficult to control, mainly in between the pieces. During the pieces I think I really controlled it.

How was the connection between me and my instrument?

Fine.

How did I experience the connection with my audience?

During the performance the audience was wearing masks (first time I experienced this) and I found out that it gives such a different connection. You see less of their faces, of their facial expressions and therefore it is hard to read their faces.

It was less silent than during the first performance. Also there was a man sitting on the first row who was clearly not so focussed or silent, he was moving around on his chair during my solo piece. I noticed that this took me out of my focus now and then.



Was the setting the way I imagined it would be?

Yes

What were the reactions of the audience?

The audience was very enthusiastic. They were impressed by my solo piece and by my breathing techniques. They liked how my body and face expressed the music, how I made colors, they enjoyed it.

Did I embrace vulnerability today?

*-forgot to answer*

Any other remarks, bijzonderheden:

On forehand I expected this second performance of the day to be much better than the first one. It did. But, during Mai, it didn't feel like that. I felt like being too much in my head and it felt like things didn't really come out well. Although the reactions of the audience and choir about Mai were great.

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

#### AUDIO RECORDING

What do you notice?

There is a nice calmness in the beginning of the piece. Later on I can hear myself thinking, but not sure whether this is because I'm going back into the situation or whether other people would really hear this as well.

How vulnerable do you seem?

1 – 2 – 3 – 4 – 5

No video, sounds a bit too much thinking.

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

1 – 2 – 3 – 4 – 5

Feels like a bit of a bubble in my own thoughts, not sure whether listeners would experience this also.

# 10. Self Questionnaire Vulnerability

Date and location performance: Performance class 28 October 2020

Affirmation: Ik ben bedoeld om te stralen (I am meant to shine)

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

.....

Did I sleep well?

**Yes**/No Although I woke up early and felt dizzy

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

**Yes**/No

Yes, but not 200% I had migraine for a week and the week after 2, concerts, 1 audition and this performance. I know I am prepared, but the work is mainly done a few weeks ago. I didn't recently play it through....

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**

.....

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

Sax class + Raaf + Lars, I am most nervous about Raaf

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)

I am not happy at all. I didn't really enjoy playing. Maybe some little moments, but I was mainly worried about my light reed, intonation and toptones. And I was thinking many not helpful things when playing: Oh no this is terrible, what a disaster, "and that's the best student of the class.. yeah right", I should be able to play better, why don't I play better, why can't I make this. And: 'oh this takes long'. Right now, when filling this out, I mainly feel very tired. Tired from blaming myself for not playing well.

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

1 – 2 – 3 – 4 – 5

How nervous did I feel when performing?

1 – 2 – 3 – 4 – 5

The first note made me nervous, the start was a bit plompverloren

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**

I did take the risk to play Prokofjev, but I didn't at all do what I wanted to do. Except for staying in my centre whatever was going on in my mind

How vulnerable did I feel while performing?

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 I was too busy proving myself....

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?

I felt exposed , in a bad way. I immediately judged myself (already while playing)

Was I able to control my emotions?

Yes/**NO** I felt ashamed and angry and disappointed and it was all boiling inside.

How was the connection between me and my instrument?

Mwoah. Not terrible, but the light reed didn't make it great. Although I kept with myself and my instrument whatever happened, I stayed in my centre, that was good.

How did I experience the connection with my audience?

What a terrible audience to play for. Feels like judgement day

Was the setting the way I imagined it would be?

Yes, but they were sitting closer than I thought

What were the reactions of the audience?

I didn't dare to ask. I might draw my conclusions from the fact that no one came to me to tell me that they liked it.... The teachers told me that I was out of tune.

Did I embrace vulnerability today?

No.

Any other remarks, bijzonderheden:

Trying to prove yourself doesn't work. It is the enemy of making music. Why was I trying to prove myself instead of being vulnerable?

I estimated wrongly how ready I was for this performance... In order to have the right focus during performing you cannot play through the whole piece two weeks before the performance for the last time. Two weeks ago I might have known what I wanted to do and might have been able to do so, but that doesn't mean you can build a performance on that two weeks after. I should have played through the piece in the days before the performance in order to be ready.. Although I didn't play through the piece in those days, I did prepare mentally. But also in preparing mentally something went wrong. I think this already happened when I got out of bed after my week of migraine, thinking: 2 concerts, 1 audition and a performance class, I got this! I can do this. Nothing wrong with enthusiasm and will power, but performing isn't done on will power. I tried to get the will power out by realising it is just a first draft, first performance of this piece blabla, but still.. Just before I stood up to perform I thought more or less: I am going to prove myself, I am going to fix this. Which obviously isn't the right mindset and therefore didn't work....

Note: maybe the affirmation: 'I am meant to shine' wasn't perfect for today.

What I feel now: shame. What I am going to do about it? Talking it over and find some empathy. As Brené Brown says in her Ted Talk: 'If you put shame and empathy together, shame can't survive.'<sup>1</sup>

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<sup>1</sup> Verwijzen naar de juiste TED Talk

# 11. Self Questionnaire Vulnerability

Date and location performance: 3 november 2020 Living Room Youth For Christ

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

Except for the muscle pain and blisters on my fingers, I feel great.

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

1 – 2 – 3 – **4** – 5

Active and focused

Did I sleep well?

Yes/No **Mwoah**

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

Yes/No

Nope. It was an impulsive idea to give a mini improvisation

Do I feel ready?

1 – 2 – 3 – **4** – 5

**I trust in my ability to make music, my saxophone is warmed up and ready, I'm fine.** Although of course I have no idea what is going to happen.

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

1 – 2 – 3 – **4** – 5

Show them the beauty of the saxophone and show the dynamic range

How confident am I that this performance will be great?

1 – 2 – 3 – **4** – 5

.....

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

UIT studenten

How nervous have I been in the last weeks?

1 – 2 – 3 – 4 – 5 nvt

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

1 – **2** – 3 – 4 – 5 I feel a bit excited

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)

That was fun! I enjoyed the sound, felt happy in the key I was playing and knew the audience was on my lips. I felt calm and centered and excited at the same time. / I felt calm and centered and excited at the same time.

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

1 – 2 – 3 – 4 – 5

My fingers were playing what I imagined, I was in the music.

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

It was a nice little moment to share the beauty of music and of the saxophone.

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?

Interesting that it is not higher than 7. Improvisation in general makes me feel very vulnerable, but today I felt secure in a way, I trusted that what I was going to bring was going to be enough.

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?

Quite soon thoughts came like: was it indeed enough? I heard myself say: well this was just a little something blabla.

Was I able to control my emotions?

Yes/No

I was just in the music.

How was the connection between me and my instrument?

Good, felt like being one with the instrument.

How did I experience the connection with my audience?

Nice! They were on my lips.

Was the setting the way I imagined it would be?

Yes

What were the reactions of the audience?

Enthusiastic

Did I embrace vulnerability today?

Yes I did! Spontaneously improvising in front of people.

Any other remarks, bijzonderheden:

They already heard me play in a distance anyway, so I wasn't scared that they would change their mind on me after hearing me play or so. This probably helped to just play and go for it and trust in my abilities.

I didn't think so much, I just played and followed the sound and the fingers, it was great!

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

**SPONTANEOUS EVENT, NO RECORDING**

# 12. Self Questionnaire Vulnerability

Date and location performance:

20-11-2020 AE hall, Prince Claus Conservatory, Final exam Astrid Boekel, Glinka trio

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 Quite okay, but tired

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

1 – 2 – **3** – 4 – 5

Tired and adrenaline at the same time.

I feel the urge to control things, because Astrid isn't so much in control. I'm not sure whether I trust her in her playing. What's not helping: last minute we had to change to another pianist.

Did I sleep well?

**Yes**/No

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

**Yes**/No

Kind of. Didn't do all of it recently, because we worked on it a lot before (performance got cancelled twice) but I did do some playing through/visualisation/refreshing.

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

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

Jury + Astrid's family

How nervous have I been in the last weeks?

1 – 2 – **3** – 4 – 5 (but before I was much more nervous, almost a 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

I feel more like controlling, to be honest. But maybe I can change that mindset here and now. 'Ik ben dankbaar voor deze gelegenheid om mijn muziek te delen vandaag, ik ga meezingen en genieten.'



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

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

Het ging goed! Lekker gespeeld. Soms verloor ik heel kort m'n action thinking en was ik in story thinking, maar dan bracht ik mezelf weer supersnel terug naar meezingen, muziek voelen. Het was mooi! We konden ook echt op elkaar reageren in het 3e deel, het ging in de flow!

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

1 – 2 – 3 – 4 – 5

Tijdens mijn solo 5! Zat er helemaal in! Flow!

How nervous did I feel when performing?

1 – 2 – 3 – 4 – 5 Vlak voor het spleen 4, tijdens het spelen 1 (heel misschien 2)

How satisfied am I with my playing today?

1 – 2 – 3 – 4 – 5 Klein spuugje helaas, maar dat is dan maar zo. Verder blij!

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

Yes/No

Zingen, genieten, vertrouwen op mij en mijn sopraan

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?

Ik weet niet of ik dat gevoeld heb, ik was vooral aan het spelen. Voelde wel heel echt en mooi en puur, maar ook zeker.

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?

Ik voelde me wel exposed, maar ik wist dat het mooi was, dat ik zelf iig overtuigd was.

Was I able to control my emotions?

Yes/No

How was the connection between me and my instrument?

Great

How did I experience the connection with my audience?

It was mainly me and the music, didn't think about the audience too much. They were silent I think.

Was the setting the way I imagined it would be?

Yes

What were the reactions of the audience?

Very enthusiastic. I got the biggest compliment ever from my former teacher:

"Je hebt echt fantastisch gespeeld! Supermooie solo ook. Je bent echt op alle facetten vooruit gegaan en dat is heel knap!"

Did I embrace vulnerability today?

Ik heb me overgegeven en ben moedig geweest, dus ik denk ja.

Any other remarks, bijzonderheden:

Heel blij met de complimenten van Femke! Het was leuk, ik ben tevreden.

Het conservatorium in Groningen voelt als thuis, heel fijn.

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

What do you notice?

It sounds great

How vulnerable do you seem?

1 – 2 – 3 – 4 – 5 niet te zien

How confident do you seem?

1 – 2 – 3 – 4 – 5

How focused do you seem?

1 – 2 – 3 – 4 – 5 niet te zien

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

1 – 2 – 3 – 4 – 5

audience

How engaged does the audience seem?

nvt

# 13. Self Questionnaire Vulnerability

Date and location performance: 3 december Kees van Barenzaal KC, performance class

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

onrustig, moe, tranen hoog

Did I sleep well?

Yes/No but too short, woke up very tired

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

Yes/No

I did almost everything I can think off. Although I didn't do one thing: visualize the location. I visualized my playing, but not in the right hall, didn't check (in time) where the performance would be.

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

It feels a bit too early to perform this peace great. I feel not great today.

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

Raaf, Lars and the saxophone class

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 (just before the performance 5 out of 5 for sure! Before also 5 I think, I just didn't realise that it was so bad)

Do I feel like embracing vulnerability today?

1 – 2 – 3 – 4 – 5 In a way I feel too tired to embrace vulnerability, on the other hand I feel too tired to run away from it also. I do feel like making beautiful music. My affirmation for today will be:

'I am precious and have something valuable to bring. I will make beautiful music and sing along in the Spirit'

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

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

It went well! **So much better than I expected** (: **I really enjoyed actually**. Although I was dying in the second movement, I made it. En het voelde ook alsof ik muziek kon maken, niet alleen maar overleven. Op sommige momenten heb ik daar ook echt wel wat risico in genomen.

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

1 – 2 – 3 – 4 – 5

Ik ging er helemaal in op. Ik was gefocust.

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** Of course it wasn't perfect, but it was so much better than expected. I reached my goals (first movement: intonation & make music, focus on the music, no distraction, second movement: survive without too many things going wrong, third movement: stay low)

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

**Yes/No**

I had a good focus and was making lines.

How vulnerable did I feel while performing?

1 – 2 – 3 – 4 – 5 – 6 – 7 – **8** – 9 – 10 Still a difficult question

What do I think made me feel this vulnerable?

The fact that I wasn't completely ready to play this.

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?

I was very happy about how it went, I was satisfied, so that made me not tooo vulnerable. Although of course after performing such a piece I felt a bit exposed. I had put my heart on the table.

Was I able to control my emotions?

**Yes/No**

Although I was nervous at first, I could place my focus on the music. In the second movement, I was excited, but I could use it in a good way.

How was the connection between me and my instrument?

**Quite good! Especially in the first and third movement, it really felt like we were a team. In the second movement I was a bit busy with the technical challenges.**

How did I experience the connection with my audience?

**My focus was in my own bubble, but my sound was projected to the audience, I told the story to the audience. They were very quiet and calm. To me it felt a bit like they were in a way also in my bubble. It felt like nothing else existed at that moment. Just me playing and them listening.**

Was the setting the way I imagined it would be?

The hall was smaller than I imagined, and a bit darker, but that was great actually. It helped to get a kind of concert setting and, **important to notice**: it is easier to focus when you don't see your audience staring at you. That's a big advantage of the 'traditional' concert setting I realise! When it is dark in the hall, you don't have to deal with all the distractions the audience can teweegbrengen.

What were the reactions of the audience?

Ze waren lovend! Ze hadden genoten, kippenvel en spraken van een 'allover improvement' in my playing.

Did I embrace vulnerability today?

Yes. In the end I faced my nerves, I didn't walk away from it. And I really told my story, I wasn't ashamed to show up. I could have embraced vulnerability even more in the sense of playing more with the soft dynamics, playing less safe and nice, more looking for different, thinner colors.

.....

Any other remarks, bijzonderheden:

Ik was dus eigenlijk heel zenuwachtig. Veel zenuwachtiger dan ik zelf doorhad. En daardoor stopte ik met ademen vanmorgen, viel ik bijna flauw, voelde ik me niet fijn etc. Dat mag ik onder ogen zien! Gelukkig hielp Lars me daarmee. Ik kon het bijna niet toegeven, maar ik was dus idd echt zenuwachtig. Omdat ik de performance belangrijk vond en het graag 'goed' wilde doen. Omdat ik het belangrijk vond wat Raaf en Lars ervan zouden vinden, en wat ik er zelf van zou vinden. Oplossing: erkennen dat je zenuwachtig bent! En in je studeren echt op zoek naar de rust. De stress eruit halen.

- Inspelen met lange noten, lage noten (die helpen om je adem goed laag te houden).
- Eromheen studeren: niet drie keer achter elkaar die rottige passage, maar juist eens heel langzaam, eens staccato/...., op zoek naar waar de stress zit en het probleempje even van een andere kant bekijken, heel rustig.
- Lopen, bewegen, naar buiten, dat helpt!
- Ademhalen, blijven ademhalen! Let op je ademhaling, doe oefeningen (4 in, 8 uit / 4 in, 4 vast, 4 uit, 4 vast etc..)
- Focussen, blijf bij jezelf, waarom wil je dit, waarom speel je hier, wat is je doel (maak je doelen helder vóór de performance! Wat verwacht je? Realistisch!)

Doordat ik mijn zenuwen vantevoren had, had ik er op het podium minder last van. Als je ze vantevoren uit de weg gaat, kom je ze op het podium tegen.