

The science of stage fright (and how to overcome)

克服上台恐懼，並且克服它

today's issue: Do you get stage fright?

→ Yes I got, but I'm trying to overcome it.

1. **inevitable** 必然的

a. **inevitable** [ækt] (n.) 成熟的

-It's **inevitable** that you'll make mistakes at a new job.

B. **avoidable** [ə'vɔɪdəbəl] (adj.) 能避免的

-This mistake was **avoidable**.

c. **unavoidable** [ʌnə'vɔɪdəbəl] (adj.) 不可避免的

**the negative form of avoidable.

-The delay was **unavoidable**.

2. **familiarity** 熟悉 ; 通曉

a. familiarity [fə'mɪlɪr'ærəti] (n.) 熟悉 ; 通曉

*It is the knowledge of something or it's having heard of something.

-A job posting: **Familiarity** with the fashion industry is a ~~class~~ plus.

b. **familiar** [ə'vɔɪdəbəl] (adj.) 熟悉的

*A **familiar face** 熟悉的臉.

-It was a nice to see a **familiar** face in the crowd.

*A familiar smell.

-Are you familiar with this artist?

c. **familial** [fəˈmɪljəl] (adj.) 家族的

-He was a familial ties to the town.

3. Anxiety 焦慮

a. anxiety [æŋˈzaɪəti] (n.) 焦慮

*the feeling of worry or nervousness about something.

**e.g. I have a depression

=I have an anxious

=I have a disorder

-performing in front of people ~~duee~~ gives me anxiety.

-performing in front of people makes me extremely nervous.

b. **anxious** [ˈæŋkʃəs] (adj.) 焦慮的

*very worry about something

-When Eddie comes home too late, it makes his mom anxious.

c. nervous [ˈnɜːvəs] (adj.) 神經質的；緊張不安的

*if feel nervous, you'll thinking a lot.

-I always feel nervous before tests.

d. worried [ˈwɜːɪd] (adj.) 擔心的

-I'm worried that it might be rain tomorrow.

-I'm worry about Mark.

4. **At hand** 手上的

a. **at hand** (phr.) 手上的

*It is currently receiving attention or it needs attention.

~~-That's date~~ Let's deal with the problem at hand.

b. **on hand** (phr.) 手頭上的

-readily available or convenient.

~~-I've band-it~~ band-aids on hand at all time.

c. **by hand** (phr.) 手工的

*It's done by a person rather than a machine.

-I sold this cloth by hand.

Since stage fright is natural and inevitable, focus on what you can control. Practice a lot, starting long before in an environment similar to the real performance. Practicing any task increases your familiarity and reduces anxiety, so when it's time to speak in public, you're confident in yourself and the task at hand.

因為怯場是自然且無法避免的，所以專注在你可以控制的事物上。提前找一個近似於真實演出環境的地方，練習可以同時增加你的純熟度並減少你的焦慮，於是到了實際公開演說的時候，你對自己及手上的任務就會充滿自信。