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❤️ Overcoming nervousness

1 message

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THE 3 RELATIONSHIPS

MATTHEW HUSSEY



Dear Alaina,

Since I'm flying home from Japan today, I asked my brother Stephen to write the main part of this week's 3 Relationships email. He took a big leap last week . . . read all about it below!



That's a wrap from us in Japan. Excited to come home, sad to leave one of our favorite places. Pics and stories on Instagram and Facebook coming this week!

Let's Go

“Overcoming Nervousness: A Guide to Owning the Stage and Your Confidence”

By Stephen Hussey

I am a shy introverted person.

I'm pretty sure shyness is something you're born with. I never really remember a time without it. When I was a kid, I would happily spend hours alone with my toys, books, video games—my room was my safe little corner of the world, the only place I could truly be myself.

When I met new people, I found eye contact intimidating. I was scared of doing something embarrassing. I never wanted to be the one to walk over at the party and introduce myself.

And yet I feel with some pride, looking back at my life, how this trait has never stopped me. Most friends consider me a relaxed, confident person. I've given several wedding speeches. I've had a full and exciting dating life. I've spoken to crowds of over 200 people. I've blasted out karaoke in Japan to friends and total strangers.

And last week, I even performed stand-up comedy for the first time in LA. I've always wanted to check off this bucket list item, and it was like nothing else I've ever experienced.

So with this in mind, I wanted to give some mental reframes and strategies I've used over my life to transform nerves into fuel.



First stand-up gig for our class showcase!

Say “Yes” to “Stage Time”

There's a concept in the book *Clear Thinking* by Shane Parrish that's all about changing your default behavior. If you know your instinct when anyone makes a request is to accept, make a default to respond, “Let me check my calendar and get back to you.” If your instinct is to get defensive whenever you're in a debate, change your default to saying, “That's an interesting point. I'll have to think about it.”

Similarly, I've made a default response to say "yes" whenever a socially challenging opportunity arises. Speak at a wedding? Sure. Give a short talk? OK. Go introduce myself? Let's do it.

The aim is to maximize my "stage time" as much as possible. Why? Because the more I expose myself, the less intimidating it becomes. The more you cut off the thinking part of the process, the quicker your mind says, "This is just what I do."

Nervousness stops feeling like a barrier and starts feeling like an old companion. At parties, I challenge myself to meet at least three new people. At first, it's a conscious effort, but over time, it becomes automatic.

Repetition is your secret weapon here. The more you show up, the more your brain begins to recognize, "We've done this before, and we survived." Suddenly, the stage isn't an unknown entity, it's familiar ground.

Don't Impress, Connect

Nerves often come from self-consciousness. "What if I mess up? What if I look foolish?" Instead of worrying about how you're perceived, think about what you want to give to your audience.

Ask yourself, "What would make *them* feel comfortable?" Chances are, it's your calm, warm, generous presence. When you stop worrying about being perfect and start focusing on being a source of positive energy, the pressure lifts. Your job isn't to impress, your job is to connect.

Slow Down

Nervous energy often translates into rushed speech, scattered thoughts, and a sense of overwhelm. But you always have more time and space than you think. Take a deep breath. Slow down.

When you stumble, and you might, own it with humor or grace. People are less critical of mistakes when they see you're not obsessing over them. In fact, acknowledging them makes you more relatable. Perfect isn't the goal; "good enough" is.

Trust Your Preparation

Here's a truth about confidence: It's built in practice. Yes, you can wing it occasionally, but true calm comes from knowing you've prepared. Spend time rehearsing, practicing, and refining your message. Once you've done the work, trust yourself to deliver it.

And when doubts creep in, remind yourself why your message matters. What's the heart of what you're trying to say? When you stay rooted in that purpose, perfectionism fades, and authenticity takes center stage.

Remember Why OTHER People Are Here

People aren't showing up to criticize you; they want to have a good time. They're not there to scrutinize every word—you're just a piece of their evening, their experience, their day.

Instead of seeing your performance, conversation, or speech as an adversarial challenge to win people over, think of it as an offering. You're extending a hand of connection and saying, "I'm human, just like you, and I see you."

Make Nervousness Your Ally

Nervousness isn't the enemy—it's a sign that you care. It's your body gearing up for something important. Instead of resisting it, dance with it. Acknowledge it, thank it for its presence, and give yourself love, knowing you'll still be here afterward for yourself no matter what.

Over time, you'll find that what once felt like an obstacle becomes an asset.

Nervousness is just a tool. It sharpens your focus, keeps you on your toes, and reminds you that what you're doing matters.

Key Takeaways

- Focus on connection, not perfection: Nervousness fades when you concentrate on giving value to your audience rather than worrying about being judged.

- Preparation is your foundation: Confidence grows when you've put in the work and trust yourself to deliver your best.
- Say "yes" to growth: Embrace opportunities to challenge your nerves. Every "yes" is another step toward making nervousness your ally.

What About You?

Challenge for the week: Do one thing that makes you feel nervous (if you can't, then rehearse one!) Find a moment where you can put yourself forward, or commit to something in the next month that makes you nervous to think about. With practice, you'll see that nervousness isn't the boss of you. It's just a friend, tapping you on the shoulder and saying, "Hey, this is exciting, isn't it?"

Want More?

Stephen's recommendation of the week:

I recently picked up some great music at Tower Records in Tokyo. One of them was the soundtrack for the anime **Look Back**. It's a beautiful, heart-rending story of two young women who dream of being manga (comic book) artists, and portrays the artistic struggle with real affection and truth. It's currently on Amazon Prime. Definitely recommend.

Black Friday special:

Thanks for checking out *The Three Relationships* on Black Friday, which seems to have become a holiday of its own, especially in the States. I wanted to do something special for you, so for the first time ever, I'm offering 50% off your first month of Matthew AI through this **Black Friday deal**. You can ask 3 questions for free, then once you join, you'll be able to get unlimited answers to your specific questions—whether you want to decode someone's texts, gain confidence in an area of your life (like public speaking), or figure out if the person you're dating is right for you.

New video:

My latest video, "**6 Signs They're Serious About You**," really seems to have resonated with many people! MJ said, "*One of your best ever videos*," Strava commented, "*Wow, this video felt like a refreshing waterfall of common sense*," and Emily shared, "*I'm so glad you uploaded this video. The depth you go into is outstanding—you seem to cover all the scenarios*." If you want to know where you stand with someone, no matter which stage of dating you're in, you can't miss it.

Thanks for reading *The 3 Relationships*.

Till our next moment of connection . . .

Love life.

Matthew X

P.S. If you enjoyed this week's email, try putting the suggestions into action and let me know how it goes. Have a story about overcoming nervousness or a strategy that works for you? Just hit "reply" and share. Stephen and I would love to hear about it—or whatever else is on your mind!

I really enjoyed reading your responses over the last two weeks about how you're going to expand your world between now and the end of the year.

Teresa helped to drive one of my points home:

"It's been scientifically proven (by the people who 'prove' such things) that most people live their lives within a six mile radius. Go that 'extra mile'!"

And here's another beautiful response:

"Love these emails, Matthew! They have been so helpful in supporting shifting my 58-year patterns into a new, inspiring perspective about how I relate to others. Lately, something has come to a painful head, and I knew I needed to let go of mind/heart beliefs that no longer served me. You've brought in practical

applications that are perfectly congruent to this shift. I'm excited to receive more takeaways!" —DJ

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