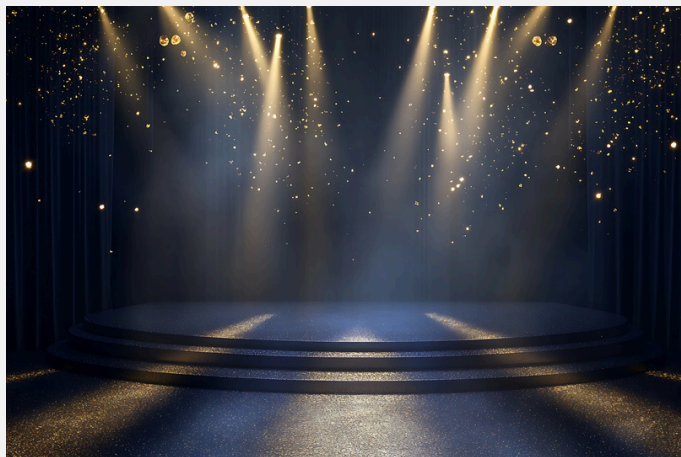




THE STAGE FRIGHT SYMPTOM PROFILER

Discover the Hidden Drivers of
Your Performance Anxiety and
Your First Step to Overcoming
Them.



A psychological assessment for
professional performing artists.

Created by Dr Maja Jankowska, Clinical
Psychologist & Performance Specialist.

WWW.BEYONDTHEPOTLIGHTPSYCHOLOGY.CO.UK

**DR MAJA JANKOWSKA,
CLINICAL PSYCHOLOGIST AND
PERFORMANCE SPECIALIST**



I'm a Founder of **Beyond The Spotlight Psychology** and a **Clinical & Counselling Psychologist**, whose goal is to help you - stage performers and other high-achieving creatives implement psychology-backed mental skills, so you can perform with consistency, command attention, and thrive under pressure - without burnout or self-sabotage.

The goal is to safeguard your mental well-being and passion for your craft so that you can maintain longevity and resilience in one of the toughest industries.

The first step: awareness! Until you understand your specific profile, you're just guessing at solutions. This is why I have created this Stage Fright Symptom Profiler just for you.



WHY DOES YOUR STAGE FRIGHT FEEL SO UNIQUELY YOURS?

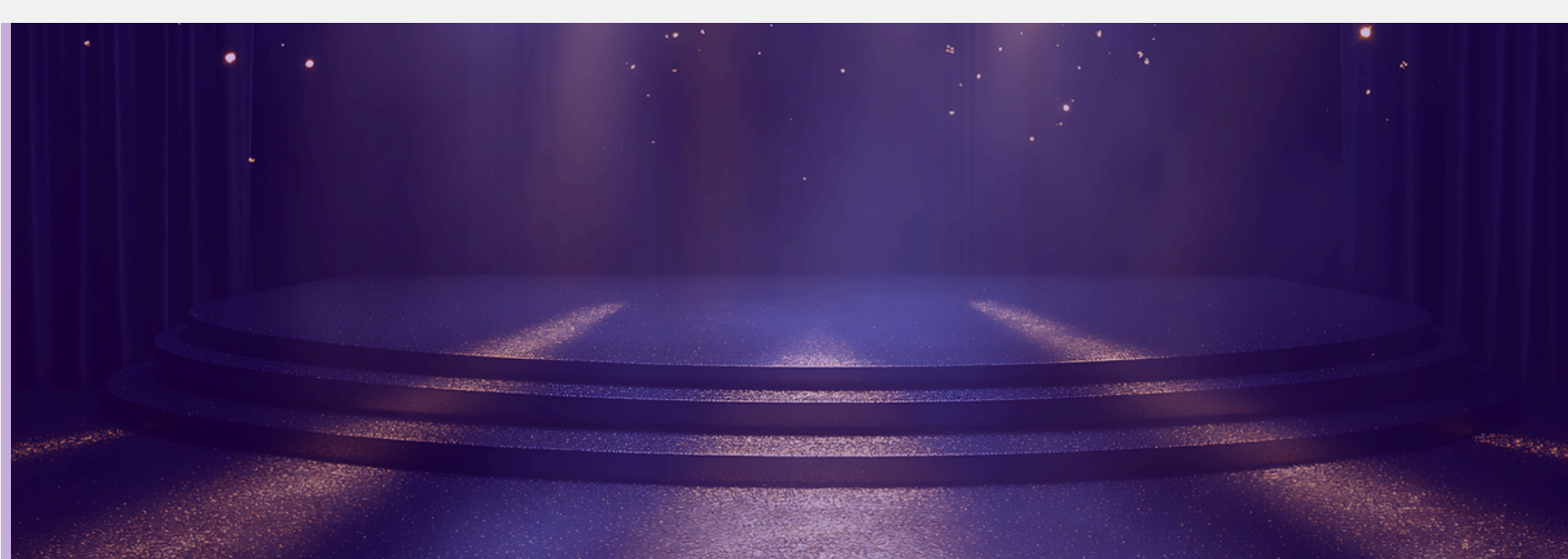
If you've ever been told to 'just breathe' or 'visualise success' and found it didn't touch the sides of your anxiety, you're not alone. Generic advice fails because performance anxiety isn't one single problem.

Clinical psychology shows us that stage fright presents in distinct, identifiable 'Symptom Profiles'. Your unique combination of thoughts, physical sensations, and behaviours points to the specific neurological and psychological pathways your anxiety is using.

But you can't fix a problem you haven't clearly defined. Until you understand your profile, you're fighting a ghost.

This free, evidence-based profiler is used in clinical practice to pinpoint the primary drivers of a performer's anxiety. In just a few minutes, you can gain the clarity that many performers spend years searching for.

Stop feeling broken. Start getting strategic.



DISCOVER YOUR PROFILE

Take a quiet moment for yourself.

For each of the following 28 statements, mark whether it is **Always**, **Often**, **Sometimes**, or **Never** true for you in the context of performance.

Be honest with yourself. There are no right or wrong answers - only valuable information.

You will score your results on the final page.



THE QUESTIONNAIRE

ALWAYS OFTEN SOMETIMES NEVER

- | | | | | | |
|----------|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 | In the days leading up to a performance, I find myself preoccupied with “worst-case scenario” thoughts. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | I compare my skills, progress, and career to other performers, and it makes me feel inadequate. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | My physical symptoms (e.g., racing heart, trembling, sweating) are so intense they feel overwhelming. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | My mind goes “blank” on stage, or I struggle to stay focused and present. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | I feel like a fraud and fear I will be “found out” as not talented enough. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

THE QUESTIONNAIRE

ALWAYS OFTEN SOMETIMES NEVER

6 I feel a powerful urge to avoid, postpone, or even cancel performances.

7 I use harsh, negative self-talk "I'm useless," "Why do I bother?" during or after I perform.

8 I fixate on a small mistake I made long after the performance is over.

9 Seeing others succeed makes me anxious about my own pace and choices.

THE QUESTIONNAIRE

ALWAYS OFTEN SOMETIMES NEVER

10

I experience nausea, dizziness, or feel like I might faint before or during a performance.

11

I feel detached from my body or my surroundings, as if I'm watching myself from outside.

12

I believe my self-worth is heavily dependent on my performance success.

13

I procrastinate on tasks related to preparing for a performance (e.g., booking rehearsal space, sending emails).

14

I am my own harshest critic, and my internal commentary is relentlessly negative.

THE QUESTIONNAIRE

ALWAYS OFTEN SOMETIMES NEVER

15 I struggle to sleep because my mind is racing with everything that could go wrong.

16 I scrutinise other performers' careers on social media, which leaves me feeling deflated.

17 My breathing becomes shallow, rapid, or I feel like I can't catch my breath.

18 I find it difficult to recover my focus after a small mistake or an unexpected distraction.

THE QUESTIONNAIRE

ALWAYS OFTEN SOMETIMES NEVER

19 I struggle to accept compliments or positive feedback about my work.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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20 I have cancelled performances at the last minute due to overwhelming anxiety.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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21 I engage in perfectionist behaviours (excessive practice, never feeling "ready" that ultimately cause more stress.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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22 I mentally rehearse potential failures more than I rehearse a successful performance.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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23 I feel that there is only a limited amount of success to go around, and others are getting it.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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THE QUESTIONNAIRE

ALWAYS OFTEN SOMETIMES NEVER

24 I experience “cotton mouth” or a tightness in my throat that affects my voice.

25 I feel emotionally numb or disconnected from the material I am performing.

26 I feel tremendous pressure to deliver a “perfect” performance every time.

27 The thought of performing causes me so much distress that I sometimes question my career choice.

28 I struggle to recognise or feel proud of my achievements, quickly moving on to the next challenge.

MAP YOUR ANSWERS TO YOUR PROFILE

Review your answers. For any question you marked 'Always' or 'Often', note the corresponding profile(s) below.

Most performers are a unique mix of 2-3 primary profiles. This complexity is exactly why generic advice fails. Your specific combination is the key to a tailored solution.

SCORING KEY:

Questions 1,8,15,22



THE CATASTROPHISER

Questions 3,10,17,24



THE SOMATIC SENSOR

Questions 5,12,19,26



THE IMPOSTER
PERFECTIONIST

Questions 2,9,16,23



THE COMPARISON
CONSTABLE

Questions 6,13,20,27



THE AVOIDER

Questions 4,11,18,25



THE DISSOCIATOR

Questions 7,14,21,28



THE INNER TORMENTOR

THE CATASTROPHISER

Your primary challenge is a runaway cognitive loop

Your mind, in an attempt to protect you, is hyper-vigilant for threats and excels at forecasting disaster.

This isn't a character flaw; it's an overactive defence mechanism. The constant 'what if' narrative is exhausting and pre-loads your nervous system with stress.

The solution involves learning specific cognitive defusion and interruption techniques to break this cycle.



THE SOMATIC SENSOR

For you, anxiety speaks primarily through intense physical sensations. Your nervous system has a very low threshold for threat and reacts strongly.

The feelings of a pounding heart or trembling hands become the main event, often triggering a secondary fear of these symptoms themselves. General relaxation advice is ineffective.

You need targeted somatic and polyvagal techniques to directly calm the nervous system and change your relationship with these physical feelings.



THE IMPOSTER PERFECTIONIST

Your anxiety is rooted in conditional self-worth and identity. You operate under the belief that you must be flawless to be valid or accepted.

This drives perfectionist behaviours that are more punishing than productive. The root issue isn't a lack of skill, but a fragile connection to your intrinsic worth.

Overcoming this requires building self-worth from the inside out, separate from your artistic achievements.

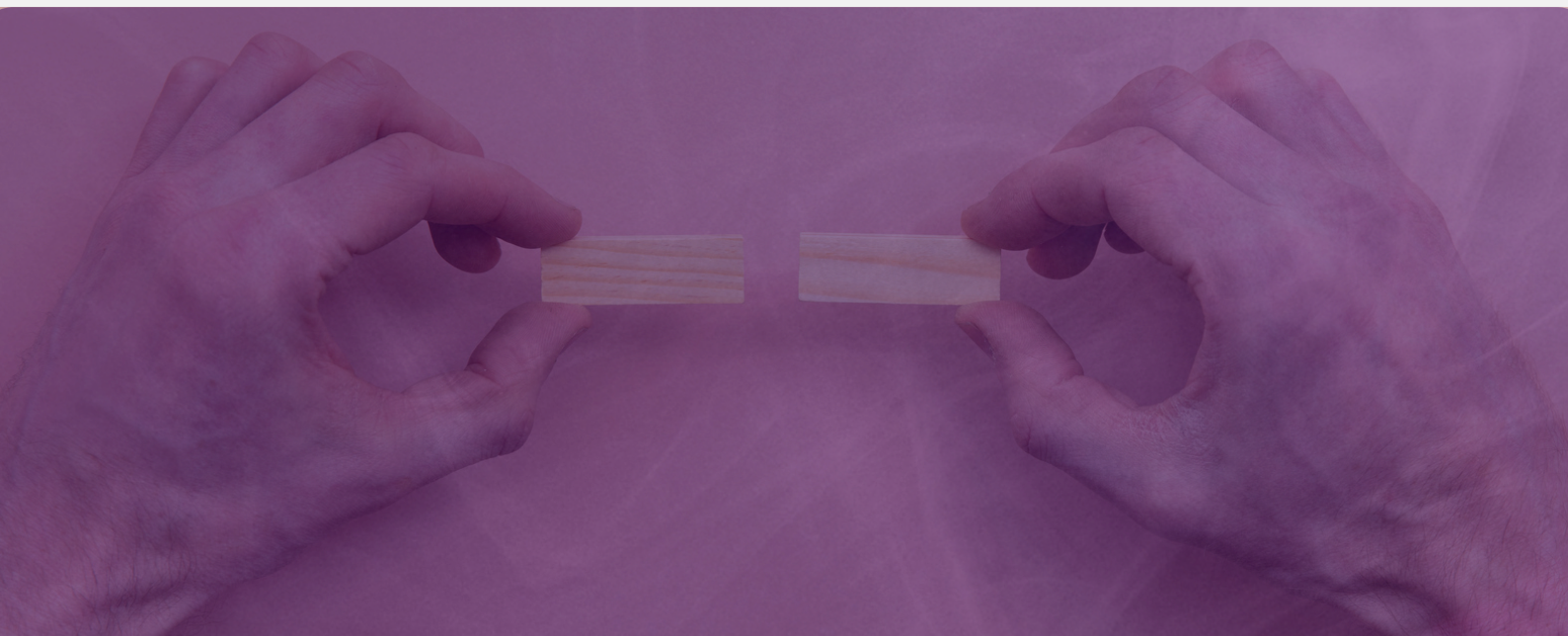


THE COMPARISON CONSTABLE

Your mental energy is drained by the constant habit of social comparison. You measure your own worth against the curated highlight reels of others' careers.

This isn't vanity; it's a deep-seated uncertainty about your own place in the industry. This habit fuels feelings of inadequacy and resentment.

The path forward involves cultivating a strong, internal definition of success and specific practices to break the comparison habit.



THE AVOIDER

Your anxiety manifests most powerfully as a strong urge to escape. The fear of the performance itself is so great that your brain offers avoidance as the only solution.

This is a classic fear response. It's not a lack of commitment; it's that the perceived threat of performing has become overwhelming.

Addressing this requires gently and safely building tolerance to performance pressure and rewiring the avoidance impulse.



THE DISSOCIATOR

Under pressure, you mentally 'check out' to protect yourself. This feeling of detachment or 'blanking' is a psychological defence against overwhelm.

It's your mind's way of pulling an emergency brake when the stress feels too high. This isn't a focus issue you can simply 'try harder' to fix.

It requires strategies to ground you firmly in the present moment and in your body, making the environment feel safe enough to fully engage in.



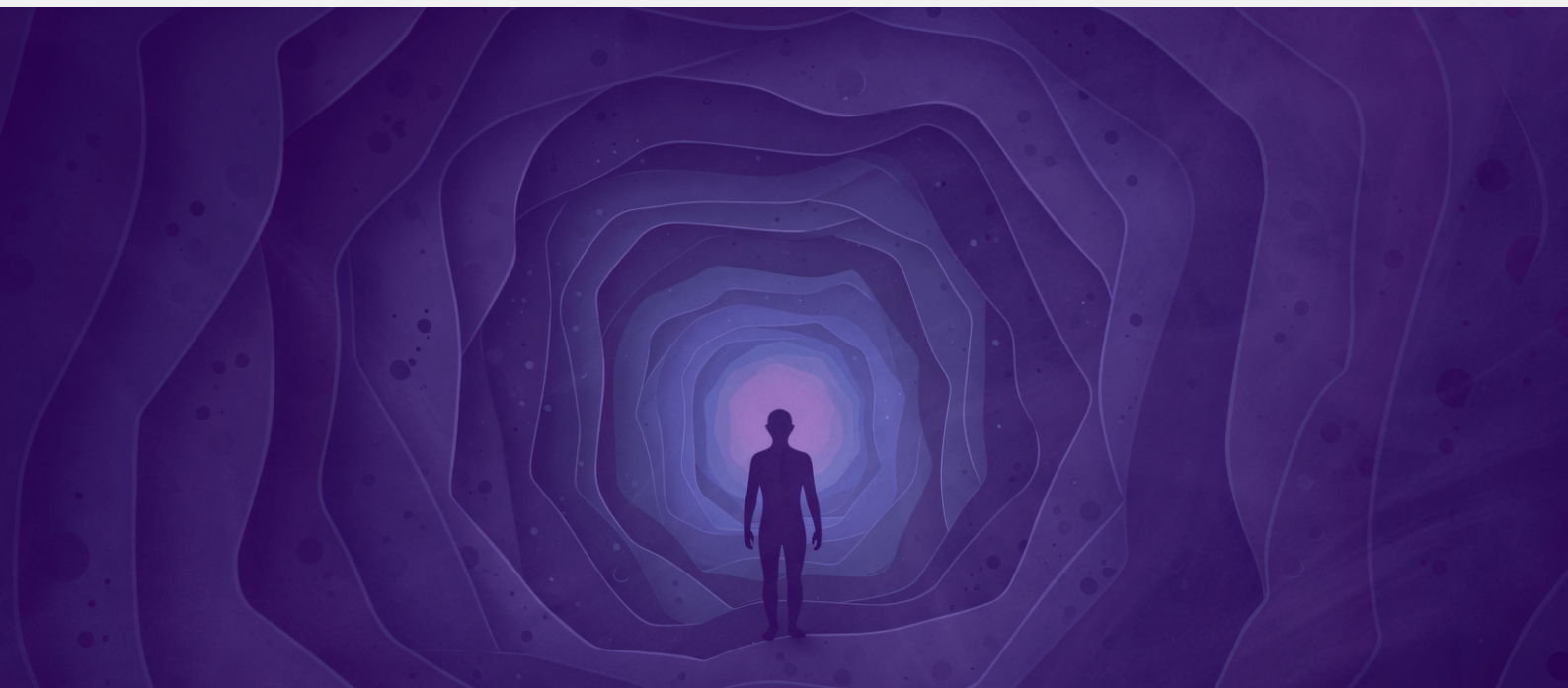
PROFILE

THE INNER TORMENTOR

Your biggest obstacle is a persistently harsh and critical inner voice.

This isn't just constructive self-reflection; it's a pattern of self-punishment that erodes confidence and joy. This critic likely developed as a misguided motivator, but it has become a source of immense pressure and shame.

Silencing this voice requires more than affirmation; it requires learning specific self-compassion and cognitive restructuring tools.



BEYOND THE SPOTLIGHT PSYCHOLOGY

FROM INSIGHT TO TRANSFORMATION

Congratulations!

By completing this profiler, you have done something most performers never do: you've moved from confusion to clinical clarity. You now have a name for your struggle, and that is the first and most powerful step towards change.

However, insight without action is just an interesting fact. Understanding why you react the way you do is only 20% of the solution. The other 80% is the how - the specific, evidence-based clinical techniques (from CBT, ACT, and EMDR) to rewire these deep-seated patterns. This is the core of my work.

I help professional performers like you not just to manage anxiety, but to fundamentally transform their relationship with the stage. We dismantle the patterns identified in this profiler and build a new foundation of confidence, presence, and artistic freedom.

YOUR NEXT STEPS:

✓ **Deepen Your Learning:**

Follow me on LinkedIn

<https://www.linkedin.com/in/beyondthespotlight/>

Instagram @drmajajankowska and

Youtube: @DrMajaJankowska

for daily insights, tools, and mindset shifts that build directly on these concepts.

✓ **Explore Working Together:** Visit my homepage to learn about the deep, transformative work we can do together in my programmes. Let's move you from insight to freedom.

<https://421f-performers.systeme.io/477ca7d1>



THANK YOU!

Thank you for your courage in taking this step.
What you're experiencing is not
a personal failing; it's a psychological pattern.
And patterns can be changed.

With warmth and belief,

Dr Maja

DR MAJA JANKOWSKA

CLINICAL & COUNSELLING
PSYCHOLOGIST

FOUNDER OF BEYOND THE SPOTLIGHT
PSYCHOLOGY

& THE STAGE PERFORMER
FRAMEWORK



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