

Ollie's story: TFT and Performance Anxiety (Actor)

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In a situation in 2004, I was producing a play. Literally five minutes before curtain, cast members told me that one cast member was so frightened he was literally shaking. I quickly went to him and found this to be the case.



I immediately administered the phobia treatment for him (he was terrified he would not recall his cues or his lines, plus was having regular stage fright). Within three minutes he relaxed, and within five minutes he was completely relaxed about his role, now eagerly looking forward to getting on stage.

He loved every minute of the performance, was the hit of the show, and remembered all his cues and lines. His phobia could have been treated months before the curtain went up, as the effects last over time.

This treatment is easily applied to stage fright, fear of failure, practicing, learning music, public speaking, auditions, learning something you think you cannot learn, performance anxiety, and all phobias. Within five minutes or less, this can be erased for life. It can also be used for enhancements: self esteem, performance (golf, tennis, speaking).

A quick sidenote: Ollie is blind, and prior to treating him I had not used TFT with anyone who is blind. When we got to the eye movement part, I did not hesitate to give the routine instruction, which he followed. Although he cannot see, it did not matter, as the brain registers the desired effect.