

Countering Stage Fright

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Hello friends, I am here once again, Professor Smita Jha, to discuss the various aspects of performance anxiety or stage fear. We were discussing the narcissistic attitude or narcissistic belief in terms of stage fear with grandiose self-image. So, let us discuss in detail what it is that makes a person nervous- because of overconfidence or because of less confidence? Admiration is aligned with the motivation to satisfy the grandiose, grandiose self through assertive self-enhancement. Individuals are motivated to strive for uniqueness, and these motivations trigger self-assured dominant and expressive behavioral responses that result in positive social outcomes such as praise, social status, or acceptance as a leader. They gain admiration through charm. In contrast, rivalry is associated with the motivation to protect against threats to the grandiose self-image.

Now this defensive approach to avoid social failure is associated with overt displays of aggressive antagonistic behaviors and a disagreeable attitude. Importantly, NARC proposes that individuals differ not only in the degree to which they possess a grandiose self-image but also in the degree to which they activate assertive self-promotion, that is, admiration, and antagonistic self-defense, that is, rivalry, as a means to maintain their self-image. Although narcissism has been well studied across a range of performance domains, a notable omission is the absence of any understanding of the effects of narcissism on public speaking performance. And this is perhaps surprising, given that public speaking is an interpersonal domain that is highly relevant for most people.

Only a limited few have their careers defined by the execution of a motor skill under pressure, such as scoring the winning penalty in a soccer match. However, the ability to speak in public like a business pitch, or presentation, or presenting yourself in a job interview, is an important domain for an individual's personal and professional success. If you consistently feel superior to everyone else, you may have this personality trait, and it is natural to take pride in your talent, believe in yourself, or want to feel special. So, self-confidence and self-esteem are indeed healthy traits to develop, but grandiosity, however, takes these traits to the extreme, extreme, the narcissist view. Thinking too much of himself or herself- that may lead to disaster.

A grandiose self-image might lead one to believe unique traits and talents set by himself or herself above everyone else, that is superhuman. To consider oneself unstoppable, untouchable, or destined for great and important things and to have persistent feelings of superiority, a high level of superiority. Over time, grandiosity can affect relationships and harm one's well-being overall. See, when we give speeches or when we are on the stage or having a discussion, we should have the courage to accept, you know, others' views as well. As with any other personality trait or quality, grandiosity can manifest as a spectrum of behaviors and thoughts, or it may show up in specific situations only.

But since grandiosity can also be a symptom of certain mental health conditions, support, getting support from a therapist or psychiatrist can make a big difference in some instances. I have seen some students, you know, with narcissistic attitudes and grandiosity self-image. In group discussion, in a presentation, whatever they have spoken well is at power- final verdict. See, when we are in a public sphere, when we have a discussion with the group, we should have the courage to accept other views and also criticism. That is why I said that grandiosity is the self-image that can harm your relationship also, in the personal life as well as the professional life.

It is very important to rate yourself always where you are standing. Now it is very important to know grandiosity. What is grandiosity in fact? So, grandiosity refers to a sense of specialness, uniqueness, and self-importance that might lead you to boast about real or exaggerated accomplishments, considering yourself more talented or intelligent than others. The superiority complex- this is a complex in which others are bogus, and I am the best. You cannot prosper in life because if we think everyone is alike and even you are among them you see life will be more easier.

Do not lead your life with false assumptions. Try to dismiss or try to one-up the achievements of others. Try to believe you do not need anyone else to succeed or believe that we all are human beings and man is a social animal. We need people. We need supportive characters; we cannot live in isolation, and we are not in jail.

That is why you know a culprit has been put into jail. But a normal man has this tendency to have a social circle. So you cannot believe that you can do anything without anyone's help. Believing- this is also grandiosity- believing you are above rules or ordinary limits. Failing to recognize that your actions could harm others.

Lash out in anger when someone criticizes you or points out a flaw in your plan. Grandiosity often resembles self-centered or arrogant behavior. So, people often do not recognize it as a mental health symptom. Remember that it resembles the self-centered or

arrogant. But then it is a mental problem, a symptom of a mental problem, and why I am telling you because I am discussing when and where performance anxiety takes place.

So, try to find out your traits, personality traits. How do you feel yourself among you know 4, 5 colleagues or with your friends. In some cases, extreme grandiosity can take the form of delusions or fixed beliefs unsupported by facts and reality. Delusion, in this instance, goes beyond excessive self-importance. Now you do not just consider yourself special.

So, this is the reason that I am telling you repeatedly that stage fright is not unnatural, it is natural. And like other common people, you are also getting the fear for the stage performance. Your family believes you are a historical figure or famous person have supernatural abilities or some other unique power. This will lead to disaster. So, grandiosity is not considered a mental health condition on its own, but it can show the symptoms of mental illness, unnecessary arrogance, and unnecessary attitude.

Because when you talk to the other side, or you are a public figure, or you are a public speaker, you should be humble; you should be honest and sincere to listen to others also or find yourself among the other and the audience. So, in narcissistic, the narcissistic individual can seek to maintain his or her grandiose self-view through different processes associated with assertive self-enhancement. Narcissistic admiration or antagonistic self-protection is a narcissistic rivalry. So, grandiosity is a kind of obsession. I must tell you that much of the research on narcissistic personality, distinct from the clinical disorder, has focused on grandiose narcissism.

Grandiose narcissism typically captures inflated self-views and aggressive, extraverted, dominant, and attention-seeking behavior and is distinguished from vulnerable narcissism, which is associated with inhibitions, fragile self-esteem, and shame. So, see, these are the symptoms of mental illness. Not exactly mental illness, but yes, heading towards. Conventional wisdom and some evidence- narcissists use more, you know, first-person singular pronoun "I", I talk not we, because see, in the present world, there is a teamwork culture in institutions, professional hubs, and organizations, we have this tendency to use "we", but then the narcissist has I, "me only". Commentators regularly tracked, you know, President Obama's "I" talk to highlight his alleged grandiosity.

And the study with the largest sample size, however, found no significant relationship between "I" talk and grandiosity. I, always superior, I. So, saying all these things, I mean to say that we should know of grandiosity, narcissistic attitude, and all such that disturb you to move ahead in your life with a good presentation. So, my dear students, you try to find out whether you are narcissist or not because it is very easy to define what kind of

personality traits you have. And as I have explained it is not just only fear, fear is very common.

Even as a teacher, sometimes I feel nervous when I see a mammoth crowd sitting over there, and it is difficult to hold where to start, how to start, and how to conclude. Because in your public speech, you know, public interaction, these things are very, very important. So, my point is that now, sometimes, we do not know ourselves. I speak to every student you go for introspection. You know, you make a resume, you go for an interview, you go for an internship.

I mean various public places. So, my point is always to introspect yourself where you are standing, whether in isolation, even in your mind, or with others. See, there are two terms: alone or loneliness. Alone is physically alone if I am all alone in the room. But loneliness is an attitude.

If you feel lonely most of the time, that is your mental setup. Similarly, if you think that you are the best, at par with others, that can be disastrous. So, it is very important to know yourself to track yourself to understand yourself. My point is that stage fear or stage fright may be a common factor, but it varies from person to person, and for that, a person needs to examine himself or herself. See, we teach communication skills, and we teach non-verbal; we teach barriers to communication skills.

Sometimes, it is a mental barrier. If you are a narcissist, you will think, "Oh, I will go, and I will mesmerize everyone because the audience does not know anything"- a false assumption that they are all fools. And here you are wrong because they are highly educated people, and you are underestimating yourself and overestimating yourself. Such a kind of attitude is hazardous, most often as low confidence or lack of confidence is disturbing. High confidence, overconfidence too is dangerous.

Now you have to find out where you are standing. You are in between low confidence or overconfidence, and you need to maintain a balance. So, this is not only a matter of what? Matter of self-evaluation rather than training yourself also, when you self-evaluate yourself, you must know the traits. That is why I have mentioned today the grandiose self-image and narcissist potential or quality. I have dealt with several students, and I have seen that some of the students are well-educated and well-trained but unable to expose them, but some of them do not know much but are trained to expose them.

Now, in that situation, it is you who has to decide which way you have to go; only then can you counter the stage fright. Stage fright is not simple. It is common, but it is not so simple. So you have to rate yourself, you have to understand yourself, you have to

evaluate yourself with other positive-minded people, friends, that what kind of- because sometimes it happens that you cannot define yourself, but when you ask your friend, close friend, good friend, he or she may define you beautifully. So with these words, my dear students, I would like to wrap up the discussion here so that we may meet next time with other topics related to countering stage fright.

I am sure that these personal opinions or experiences will be very helpful to you in your professional endeavor. Thank you very much.