



The Lightner Method™

Babette Lightner

Navigating Performance Anxiety

7 Tools to Freedom

The following are meant as take-away explorations from the Navigating Performance Anxiety workshops. For an article about this material please read the Patterns of Joy • Your Inner Compass article at <http://www.lightnermethod.com/resources.html> look under in-depth articles.

1. Reboot My Compass • Finding My Inner-Compass

How we misattribute our sensations to the objects, experiences we think cause our feelings.

- Identify a response you have: “I like this movie.”
- Deconstruct the parts:
Object—movie
Response/sensation----good
Meaning or information to you---I like romantic comedies.

Can you notice you are feeling the good feeling, not the movie? Goodness is in you not the object.

Significance: Your response tells you about what you want, like, need. It is for you. It is your compass. You have a value-register or threat-benefit analyzer to guide you.

2. Anatomy of a Misconception • Misattribution of response to object in others • Everyone has a compass.

- a) When you notice someone else having an opinion ask:
 1. DO the break down as in exercise one: Object/response/interpretation.
 2. What must they be believing to have this opinion?
 3. Is this similar or different than your own?
 4. If it is the same notice this isn't truth, you and he just have similar interpretations of the world at the moment. If different notice she isn't wrong. She just has a different compass. It may be wrong for you. But isn't wrong for him.
- b) See this in media. Notice how people don't understand this and think their sensation tells them about another. See if you can see “their compass in action.”
- c) Recall a time when someone judged you.
 1. Deconstruct the judgement into parts
 2. Notice that the person judging you doesn't have this information clear. They are feeling the judging feeling not you. Notice the judgement says nothing about you, just how you meet their compass.

Significance: Other's responses tell other's what is important to them. Others' compasses are for them, not for you.



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3. Practice Clarity • What's my business? What's your business?

When you are with another person in a relatively easy moment:

- “Come to your senses”
Feel ground coming up to meet you; the air around you.
Picture/feel your root, the river of your life story flowing up and out and through you.
I am here, over my being, as I am. I am in my business.
- See/picture the person you are with on the planet, in the air, rooted and in the flow of his/her story of life – his/her business.

Gesture: Use the gesture of one hand, palm up in front of your belly and the other hand, palm up out in front of you, toward the other person. Close hand = my business; far hand = your business. I am here you are there.

Significance: Seeing each of us as having our own, unique story. Validating our self and other.

4. Reality Check #1 • What's Possible? • Self Expectation

When you notice yourself feeling like you 'should' be better than you are or any time you are aware of having a high expectation for yourself:

Write down a statement of that should or expectation. “I should be able to sing this by now.”

Then Ask:

1. How likely is this expectation to happen right now? Give it a real percentage.
2. Have I ever done this?
3. If yes, how consistently and in what circumstances?
4. If not, how will I get there?
5. How does learning, skill-acquisition work?
6. Considering my current state of being, state of health how likely am I to meet this expectation?
7. Anything else that helps you notice the difference between your idea and reality, your wish/should/need and reality.

Gesture: Use the two cupped hand gesture. One hand is my wish/want/expectation/should. The other hand is reality – “this is what I know and can do at this moment considering how well I know it, how I feel and what has happened today”.

Significance: We often think our wish/should/expectation is “GOOD”. But the actually feeling of wanting reality to be different than it is, is bad. When you align your expectation/ want/need with reality it may not be pleasant or happy but it is easier than being stuck in the wishing for something that isn't.



5. Reality Check #2 • What's My Job? • Clarity in the Judgement of Others

- Know that others will judge you. Remember we are assessing judging being. We have a compass, a value register, a threat-benefit analyzer.
- Their judgement is their business. It tells you about their criteria, their world view. Not about you.
- Getting judged negatively is not pleasant but it isn't your business.

When you are in a situation when you may be judged, like performing, anchor yourself to your business, to what you can do.

Ask yourself:

- What is my job right now?
- What meaning can I make at this moment so I feel easier rather than tenser?
- Why am I singing?
- What is my lofty goal? If it is having others enjoy the music – be clear you can only give them the opportunity to enjoy it by freely singing to your criteria. It is their business whether they enjoy it. You can up your chances of reaching your goal but you can't control a response in another. You cannot *make sure* they like it.
- What are my criteria for this piece? How close can I get to that today?

Gesture: Use the putting down staff gesture, the 'Here I am, as I am' gesture, to anchor yourself to you and your compass, your artistry, your joy and life force.

Significance: Your job is to do what you can at your exact current capability and preparation and health and well-being. No more, no less. I am as I am, doing what I am doing, the way I want and can do this. I hope you enjoy it, but that is entirely up to you.

6. I AM • Separate Self from what I do • My Worth is Beyond Measure to Me.

- I am beyond worth to myself. I have to divide myself to esteem myself. I simply AM.
- I do things, better or worse. I can assess what I DO, that is learning. I am learning being.

Look in the mirror for a full 5 minutes and see that you are light, love. Say I am love.

Significance: LOVE IS. You are the light. I am the light.

7. Patterns of Joy Practice

Anchor yourself in healthy perspective through gesture.

See the Lightner Movement Patterns of Joy Sequence Chart on www.lightnermethod.com and click the resources page.

If you want to do the sequence: The Patterns of Joy sequence is on-line as a guided video. You can subscribe on <http://www.lightnermethod.com/classes1.html> look for info on the whole Lightner Movement Sequences. This is one of 3.

You can join a class at the same link.