

Balanced Musician Chapter Four, "Performance Anxiety"

Name: _____

1. What are three positive effects of increased adrenaline?
 - 1.
 - 2.
 - 3.
2. What is the difference between state anxiety and trait anxiety?

- Which is characteristic of "performance anxiety?"
3. What are the three types of symptoms of performance anxiety?
 - 1.
 - 2.
 - 3.
 4. The fight-or-flight response is governed by the _____ nervous system while relaxation techniques elicit the _____ nervous system.