

1. Read the text and match the words in bold with their definitions.

- a) a method by which a person learns to control their heart rate or other physical or mental processes by using information from recordings of those processes
- b) to face, meet, or deal with a difficult situation or person
- c) said when something seems like a good idea but would be difficult to do

2. What do these words in the text refer to?

- a) It
- b) they
- c) them

3. Read the text and decide if the following are True (T) or False (F). Correct the False statements.

- a) Stage fright is a problem only for ordinary people. ☐
- b) Performance anxiety is the same as stage fright. ☐
- c) There are only three important strategies to get over performance anxiety. ☐
- d) Biofeedback is the only way to help you relax and redirect your thoughts. ☐
- e) Smiling and making eye contact are some ways you can try to connect with the audience. ☐
- f) Confronting your fears may make you a stronger person. ☐