

The Audition Mindset



Mental Sabotage

Are You Blowing Your Chances Before You Even Walk Through the Door?

An email notification popped up on my phone. It's from my agent! They have an audition for me! In two hours?!...The mental barrage begins. Crap! I'm not ready! Do I have a monologue/song prepared? Is there a script I need to learn? What is the character like? What should I wear? This is such a crazy day! I'm going to have to see if I can get Alice to cover for me at work...and on and on it goes.

Or you knew in advance! You had a week to prepare. You feel good about it! Until you get there. You walk in and see 100 other performers who look just like you. They are dressed like you. They talk like you. Except that one. She might be prettier than me. Or that guy. He looks really confident. Or that one who is talking to everyone running the place and looks like he knows he's already gotten the job. You start to doubt yourself and your abilities. WHY would they pick me over all of these other performers? What do I have to bring? Am I good enough to be here? What if I flop? If I make a bad impression, they might never let me audition again!

STOP.

All of this beating yourself up and exploring every possible situation where you might feel like a failure in the making. Stop the defeating self talk. Stop asking yourself why you're so special, why you should be that 1 in a million.

Let this sink in for a moment.

You.

Are.

Enough.

Let's read that again.

You Are Enough.

Did you get it that time? Here it is once more in case it didn't fully process: YOU ARE ENOUGH!

YOU

ARE

ENOUGH

Now, Let's say that aloud.

"I Am Enough."

Did you say it?

Maybe you're on the subway, or walking on the street, or at your desk at work, or sitting in a cafe. I don't care where you are. I Don't care if someone around you thinks you're crazy. (And honestly, it is none of your business what anyone thinks of you. WHAT?! We'll come back to that.)

Say it. Right now.

"I AM ENOUGH."

Did you say it? Okay, good. Moving on.

The first thing you can do KILL your chances at an audition is to doubt yourself.

A large, bold, blue graphic consisting of a hash symbol (#) followed by the number 1. The text is centered on the page and has a slight drop shadow effect.

Calm the Chaos. As soon as you start thinking a million things, breathe. Deeply. Slowly. Inhale on a 4 count, then exhale on a 4 count.

There are a number of great breathing methods. Try alternate nostril breathing to get yourself focused. (Plug one side of the nose and breathe in, then plug the other side of the nose and breathe out. Do this several times. Let's say 10). If you are feeling overexcited and over oxygenated, breathe in on a 4 count, and breathe out on a 6 count. Do this several times. If you are feeling sluggish or depressed, breathe in on a 6 count and breathe out on a 4 count. Do this several times. To get

your energy going, you can do fast puffing breaths in and out quickly. To simply stay calm, breathe slowly in and out. Take Your breaths slowing and deeply. Try breathing in through the nose and out through the mouth. Close Your eyes if you need to. Block out everything except breathing in and out. If you'd like, you can think to yourself, "I am relaxing," while you breathe. Focus on the different parts of your body. Mentally scan and check. Am I relaxed? Are my face, neck, shoulders, rib cage, back, legs, feet, and hands relaxed? If they aren't, gently move them to release the tension. Breathe in and visualize breathing oxygenating life into the muscles directly. Visualize the tension being released in a puff of smoke. Imagine that you are breathing in white light and breathing out black smoke. Breathe in joy and hope and creativity and focus. Breathe out doubt, discouragement, criticism, and failure. Release the bad. Take in the good.

Say Aloud, "I Am Enough."



Embody Confidence

Stand tall. Exude confidence and calm. Stand like your favorite super hero. Take on a confidence pose. Not sure what that looks like? Let me show you:



Be Fierce. Stand like a winner. Image the person you want to be when you walk into that casting room. Imagine the person they want to hire for the role. Stand like that person stands. Walk like that person walks. Keep your head high. Look them in the eye. Smile. Nothing else exists in this moment.

You may have bills to pay. You may have issues at work. You may be in a fight with your spouse, friend, or girlfriend. It doesn't matter. None of that can matter right now.

You can't walk in looking defeated. You can't walk in smelling of desperation. You have to walk in LOOKING the part. You have to walk in with the attitude of, "I don't need this job. I don't need the money. I don't need the fame. I've got everything under control. I don't need you. You need me." Does that sound narcissistic? Maybe so, but you are after all AN ACTOR! Act! Own that room! Own every step you take. Speak directly to them. Breathe. Stand tall. OWN IT!



Have Fun!

Do what you love to do! They want you to do well! You want you to do well! So get in there and do what you do!

You already know how to perform, or you wouldn't be here! You know how to embody a character, interpret a script, make it your own. (If You don't, have no fear! That's what I'm here for! Check out the shop at vandiensor.com to schedule a private lesson package, sign up for a performance technics course, and see student reviews!)

If you feel fear, they will feel fear. If you feel happy and enjoy what you're doing, they will too! And the best part is, when you do steps 1 and 2, you Will FEEL better. It's scientific. If you act it, you will start to feel it. Cool, huh?

So what are you waiting for? Basically, when it comes down to it, breathe, stand tall, stay focused, and have fun.

And even if you aren't cast in that specific production, they will remember you. They will think, now THERE is someone I'd love to work with! They might even write in a part for you if they don't have one. That

happened to my friend with Vampire Diaries. Or, as has happened to me on MANY occasions, maybe they don't have a role that suits me, or maybe the role I would be cast for was (shock and horror!) Pre-Cast! That's the worst! And they rarely tell you ahead of time. BUT!!! If they liked you, they keep you on file! They remember you! And a couple months later, or a year later, or two years later, they are working on a new project, and they think, "Hey! You know who would be great for this role? That awesome person who auditioned for (insert title here)." And then they call you! And YOU are suddenly the pre-cast person!

So, lets see you do it! Get Your head clear of the clutter, get focused, embody confidence, give yourself some good self-talk, strut into that audition, and OWN IT! Have fun! Smile! Be the absolute BEST version of yourself. That is your character. Then, you act your pants off (not usually literally, although I have seen it done in an audition. YIKES!), and go back to your "Best Version of Yourself" Character. You walk out of that audition with your head held high (regardless of how much you might want to cry), and you smile like "That was the best I've ever done!"

Now, GO! DO!