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GROW IN FLOW



MPA TEST

MUSIC PERFORMANCE
ANXIETY TEST



MUSIC PERFORMANCE ANXIETY (MPA) TEST PART 1

Are you well prepared for your performances? Do you know different methods, strategies and techniques to prepare for public performance? Please circle one number to indicate how much you agree or disagree with each statement.

GROW IN FLOW TEST PART 1	Strongly Disagree			Strongly Agree	
Section 1: Preparation for Performance					
1. I have a plan for overcoming performance anxiety I might experience.	5	4	3	2	1
2. I have a method for coping with stress that works.	5	4	3	2	1
3. I am always well prepared for my performances.	5	4	3	2	1
4. I know different strategies and techniques to improve my learning process.	5	4	3	2	1
5. I know strategies to improve my ability to perform in different performance settings and conditions.	5	4	3	2	1
6. I always do multiple performance simulations/mock auditions to get ready for my stage performances.	5	4	3	2	1
7. I usually take enough time to mentally prepare for my performances.	5	4	3	2	1
8. I know strategies and coping techniques to help me overcome performance anxiety.	5	4	3	2	1
9. I know techniques that can help me overcome negative thought patterns.	5	4	3	2	1
10. I know strategies and techniques to reduce my body's stress reactions.	5	4	3	2	1
11. I know how to build up my self-confidence.	5	4	3	2	1
12. I know strategies and techniques that can help me to focus and enter the state of flow (the zone).	5	4	3	2	1
13. I understand that mental preparedness is equally important as practicing my instrument to get ready for performance.	5	4	3	2	1



MUSIC PERFORMANCE ANXIETY (MPA) TEST PART 2

What causes your Music Performance Anxiety and how is it manifested? Below are some statements about how you feel in general, and how you feel before or during your stage performances. Please circle one number to indicate how much you agree or disagree with each statement.

GROW IN FLOW TEST PART 2	Strongly Disagree			Strongly Agree	
Section 1: Control of Emotions and Negative Thought Patterns					
1. I usually feel very nervous before a performance.	1	2	3	4	5
2. I usually feel very nervous when performing.	1	2	3	4	5
3. I very often fear my performance will fail to meet my expectations.	1	2	3	4	5
4. I very often fear my performance will fail to meet my teacher's expectations.	1	2	3	4	5
5. I very often fear my performance will fail to meet my audience's expectations.	1	2	3	4	5
6. Prior to, or during a performance, I feel fear of forgetting the music and making mistakes.	1	2	3	4	5
7. Prior to, or during a performance, I'm afraid I'll loose control of my body and won't be able to play well.	1	2	3	4	5
8. I worry that one bad performance may ruin my career.	1	2	3	4	5
9. I often prepare for a concert with a sense of dread and impending disaster.	1	2	3	4	5
10. Thinking about the evaluation I may get interferes with my performance.	1	2	3	4	5
11. I am often concerned about a negative reaction from the audience.	1	2	3	4	5
12. I am concerned about being scrutinized by others.	1	2	3	4	5
13. I am often concerned about being judged by people.	1	2	3	4	5
14. There is little I can do to change many of the important things in my life.	1	2	3	4	5



GROW IN FLOW TEST PART 2	Strongly Disagree			Strongly Agree	
15. I believe that if I start working on something, I have good chances to be able to accomplish it.	5	4	3	2	1
16. What happens to me in the future mostly depends on me.	5	4	3	2	1
17. I often feel helpless in dealing with the problems of life.	1	2	3	4	5
18. When I really want to do something, I usually find a way to succeed at it.	5	4	3	2	1
19. I have little control over the things that happen to me.	1	2	3	4	5
20. Sometimes I feel that I am being pushed around in life.	1	2	3	4	5
Section 2: Control of the Body's Stress Response					
21. Prior to, or during a performance, I experience increased heart rate, which dramatically interferes with the quality of my performance.	1	2	3	4	5
22. Prior to, or during performance, I experience dry mouth, which dramatically interferes with the quality of my performance.	1	2	3	4	5
23. Prior to, or during a performance, I have increased muscle tension, which dramatically interferes with the quality of my performance.	1	2	3	4	5
24. Prior to, or during a performance, I experience shaking or trembling (hands, knees, lips, voice), which dramatically interferes with the quality of my performance.	1	2	3	4	5
25. Prior to, or during a performance, I experience sweating, which dramatically interferes with the quality of my performance.	1	2	3	4	5
26. Prior to, or during a performance, I experience shallow breathing which dramatically interferes with the quality of my performance.	1	2	3	4	5
27. Prior to, or during a performance, I experience dizziness/ lightheadedness, which dramatically interferes with the quality of my performance.	1	2	3	4	5
28. Prior to, or during a performance, I experience nausea/butterflies in the stomach, which dramatically interferes with the quality of my performance.	1	2	3	4	5
Section 3: Self-confidence					
29. I like who I am as a person.	5	4	3	2	1



GROW IN FLOW TEST PART 2	Strongly Disagree			Strongly Agree	
30. I feel pretty/handsome.	5	4	3	2	1
31. I am a physically attractive person.	5	4	3	2	1
32. I am an intelligent and smart person.	5	4	3	2	1
33. Sometimes I feel deep down in my heart that I am a failure.	1	2	3	4	5
34. I often worry about what other people think of me.	1	2	3	4	5
35. I like who I am as a musician/a dancer/an actor/a speaker etc.	5	4	3	2	1
36. I consider myself to be a good musician/dancer/actor/speaker etc.	5	4	3	2	1
37. I learn music the content of my performance easily.	5	4	3	2	1
38. I believe in me and my professional abilities.	5	4	3	2	1
39. Even in the most stressful performance situations, I am confident that I will perform well.	5	4	3	2	1
40. Even if I work hard in preparation for a performance, I am likely to make mistakes.	1	2	3	4	5
41. After the performance, I worry about whether I played/performed well enough.	1	2	3	4	5
42. After the performance, I replay it in my mind over and over.	1	2	3	4	5
43. After the performance , I worry about what other people thought of my performance and of me.	1	2	3	4	5
44. I feel fear of being criticized.	1	2	3	4	5
45. I usually take criticism well.	5	4	3	2	1
46. I know how to deal with criticism.	5	4	3	2	1
47. I am critical of myself in my lessons/practicing/performance.	1	2	3	4	5
48. I give myself permission to make mistakes in life.	5	4	3	2	1
49. I give myself permission to make mistakes when performing.	5	4	3	2	1
50. I feel I have to be perfect at everything.	1	2	3	4	5



GROW IN FLOW TEST PART 2	Strongly Disagree			Strongly Agree	
51. This is what I believe: 'I can't do it unless I do it perfectly'.	1	2	3	4	5
52. I remain committed to performing even though it causes me great anxiety.	5	4	3	2	1
53. I give up worthwhile performance opportunities because of my performance anxiety.	1	2	3	4	5
54. When I make a mistake when performing it distracts me and causes concentration problems.	1	2	3	4	5
55. When I make a mistake when performing I have no problems with letting it go and refocusing on my music.	5	4	3	2	1
Section 4: Motivation					
56. I know what I want in my life.	5	4	3	2	1
57. I have a clear idea of what I want to accomplish in a month.	5	4	3	2	1
58. I have a clear idea of what I want to accomplish in a year.	5	4	3	2	1
59. If I don't achieve my short term goal (e.g. winning a competition, winning an audition, scoring the highest grade etc.), it means that I am a bad musician (a bad professional).	1	2	3	4	5
60. I am only happy with myself as a musician (a professional) if I achieve my short term goal (e.g. winning a competition, winning an audition, scoring the highest grade).	1	2	3	4	5
61. The process of learning doesn't matter to me. Winning is the only indicator of success.	1	2	3	4	5
62. I enjoy challenges.	5	4	3	2	1
63. I enjoy competition.	5	4	3	2	1
64. I like new situations.	5	4	3	2	1
65. I prefer performances to auditions.	1	2	3	4	5
Section 5: Focus & Flow State					
66. I tend to be easily distracted.	1	2	3	4	5



GROW IN FLOW TEST PART 2	Strongly Disagree			Strongly Agree	
67. Feelings of worry and nervousness affect my ability to focus and concentrate.	1	2	3	4	5
68. When performing, I am easily distracted by thoughts or images.	1	2	3	4	5
69. I maintain my focus easily when practicing.	5	4	3	2	1
70. I am confident to perform from memory.	5	4	3	2	1
71. I experience being in the state of flow (focused, immersed in the activity at hand to the point of losing track of the passage of time) when practicing.	5	4	3	2	1
72. I experience being in the state of flow when performing solo.	5	4	3	2	1
73. I experience being in the state of flow when performing with others.	5	4	3	2	1
74. I usually feel very happy and fulfilled after playing a concert.	5	4	3	2	1
75. I have a clear goal of how I want my performance to look like (the outcome of the performance, my body sensations, my feelings, etc.).	5	4	3	2	1



MUSIC PERFORMANCE ANXIETY (MPA) TEST PART 3

What are some other factors that may contribute to developing your Music Performance Anxiety?

Below are some statements concerning characteristics of your personality and your life experiences with regard to Performance Anxiety. Please circle one number to indicate how much you agree or disagree with each statement.

GROW IN FLOW TEST PART 3	Strongly Disagree			Strongly Agree	
Section 1: Characteristics of Personality					
1. Sometimes I feel depressed without knowing why.	1	2	3	4	5
2. I often find it difficult to work up the energy to do things.	1	2	3	4	5
3. I often feel that I have nothing to look forward to.	1	2	3	4	5
4. I often feel that I am not worth much as a person.	1	2	3	4	5
5. I believe that some things that happened to me, changed me so deeply, that I will never be able to recover.	1	2	3	4	5
6. Excessive worrying is characteristics of my family.	1	2	3	4	5
7. One or both of my parents are/were overly anxious.	1	2	3	4	5
8. As a child I often felt sad.	1	2	3	4	5
9. As a child I often felt anxious.	1	2	3	4	5
10. As a child I was a natural performer.	5	4	3	2	1
11. From early in my music education, I remember being anxious about performing.	1	2	3	4	5
12. Prior to, or during a performance, I get feelings akin to panic.	1	2	3	4	5
13. During a performance I find myself thinking about whether I'll even get through it.	1	2	3	4	5
14. Prior to, or during a performance, I feel sick or faint.	1	2	3	4	5
15. Sometimes I feel anxious for no particular reason.	1	2	3	4	5
16. I worry so much before a performance, I cannot sleep.	1	2	3	4	5
17. I usually feel very anxious in new situations (meeting new people, going to new places etc).	1	2	3	4	5



GROW IN FLOW TEST PART 3	Strongly Disagree			Strongly Agree	
18. I feel anxious when I find myself in the spotlight.	1	2	3	4	5
19. I feel very uncomfortable knowing that I am observed by other people when performing on stage.	1	2	3	4	5
20. I feel awkward in social situations.	1	2	3	4	5
Section 2: Personal Life Story					
21. My parents were mostly responding to my needs.	5	4	3	2	1
22. My parents almost always listened to me.	5	4	3	2	1
23. My parents encouraged me to try new things.	5	4	3	2	1
24. My parents encouraged me to persevere.	5	4	3	2	1
25. My parents have always believed in me.	5	4	3	2	1
26. My family has always supported me.	5	4	3	2	1
27. My family has always supported me in my performances.	5	4	3	2	1
28. My parents have always loved me.	5	4	3	2	1
29. I feel like I belong.	5	4	3	2	1
30. I feel like I belong at my school/work place etc.	5	4	3	2	1
31. I feel I belong in my teacher's studio and I feel comfortable there.	5	4	3	2	1
32. I feel comfortable performing in front of my colleagues.	5	4	3	2	1
Section 3: Lifestyle & Mindset					
33. I live a healthy lifestyle.	5	4	3	2	1
34. My diet is healthy.	5	4	3	2	1
35. I exercise regularly.	5	4	3	2	1
36. I get enough sleep on a regular basis.	5	4	3	2	1
37. I regularly drink enough water.	5	4	3	2	1
38. I deal with stress well.	5	4	3	2	1
39. I turn to alcohol to cope with stress.	1	2	3	4	5



GROW IN FLOW TEST PART 3	Strongly Disagree			Strongly Agree	
40. I turn to marijuana (weed, pot) to cope with stress.	1	2	3	4	5
41. I have a good relationship with my family.	5	4	3	2	1
42. I have a good relationship with my father.	5	4	3	2	1
43. I have a good relationship with my mother.	5	4	3	2	1
44. I have a good relationship with my siblings.	5	4	3	2	1
45. I have online friends.	5	4	3	2	1
46. I have real life friends.	5	4	3	2	1
47. I have a few close friends.	5	4	3	2	1
48. I have a good relationship with my friends.	5	4	3	2	1
49. I am involved in a long-term romantic relationship.	5	4	3	2	1
50. I avoid people.	1	2	3	4	5
51. Beside being a musician/a performer, I have other interests and hobbies I enjoy doing.	5	4	3	2	1
52. I consider myself to be a religious or spiritual person.	5	4	3	2	1
53. I regularly attend religious services.	5	4	3	2	1
54. I believe that a higher power is looking out for me.	5	4	3	2	1
55. My faith gives me power to strive to become the best version of myself.	5	4	3	2	1
56. I believe that things happen for a reason.	5	4	3	2	1
57. I am optimistic about my future.	1	2	3	4	5
58. I can improve the way I live, think, see the things, and the way I react to them.	1	2	3	4	5
59. I agree with the following statement: 'It Takes a Positive Attitude to Achieve Positive Results'.	1	2	3	4	5
60. In the coming weeks I'm going to take the time to do everything I can to learn about and deal with performance anxiety and other issues that I'm struggling with.	5	4	3	2	1