

SINGING & PERFORMANCE TIPS #3

# VIBRANT VOICES

HOW TO BANISH YOUR  
"I'M NOT GOOD ENOUGH"  
DEMONS



Vibrant Voices Pty Ltd | Sydney Singing Lessons | Lane Cove Sydney Australia  
[www.annemareewilshire.com](http://www.annemareewilshire.com) | [vibrantvoices@optusnet.com.au](mailto:vibrantvoices@optusnet.com.au)



## HOW TO BANISH YOUR “I’M NOT GOOD ENOUGH” DEMONS.

**Most of us are completely unaware that we have a choice who and how we compare our actions to those around us. We just think: “that’s how I am”**

In this article we’re focusing on one powerful strategy to boost your confidence. A piece of buried treasure that is not often discussed.

For many people who have attended my singing lessons the reason why they find it challenging to be present and “in their bodies” while they’re singing is because they are busy judging and comparing themselves while they’re singing.

As an NLP Master Practitioner I help my students with this habit of judging by exploring what is called, our “ Comparison frame”. The Comparison Frame indicates how we measure and judge ourselves. It can give us a realistic sense of self and realistic beliefs about what we can do.

At Sydney Singing Lessons I use the following questions help to dissolve the harsh and unhelpful ways we compare ourselves and lead us to a much more realistic and confident way of seeing ourselves. For this exercise we’ll focus on a thought you might have in your singing lesson or when performing. It works equally well for any area of your life.

When you are singing a song and you feel that little gremlin whispering in your ear that this isn’t good enough, how do you know it’s not good enough?

Do you:

- | Think about the original recording artist singing this song?
- | Imagine how you think you should be able to sing it
- | Remember a time when you were really struggling with it?
- | Recall a friend you admire singing it at Karaoke the weekend before?

Your answer may tell you how you compare yourself.

These are the 6 main choices we have. We each have our favourites:

**1: Comparing ourselves to somebody else at their best.**

Eg. You listen to a studio version of Beyoncé, singing and feel demoralised because you don’t sound as good in your bedroom.

No one singing live will sound as polished as a studio recording that’s been mixed and mastered and manipulated to smooth out all imperfections. It just ain’t gonna happen. So you’re doing your own head in to except it.

>

## HOW TO BANISH YOUR “I’M NOT GOOD ENOUGH” DEMONS.

**Next time you hear yourself (or someone else) judging you ask: “Who are you comparing me to?”  
It can help you to be kinder to yourself and accept what you’re capable of in that moment in that environment.**

2: Comparing ourselves to somebody else at realistic level of excellence.  
eg. The definition of a “master” of any skill is someone who can do all the right things from all the wrong places”. In other words, even though the fold back’s bad at a gig, the sound out of balance, they’re sick with the flu, they have practiced and master their craft to the point where they can still sound professional.

Even great singers have days when they sound “good” rather than “great”. This is a more realistic expectation than sounding brilliant every time.

3: Comparing ourselves to somebody else at low level of excellence.  
Have you every heard an artist you love at a live gig where the gig wasn’t that exciting, the audience wasn’t support them, or they were singing a little flat? Is that what you compare your performance to?

4: Comparing ourselves with our own ideal level of excellence.

That rarely achieved moment when everything is working brilliantly.  
If we compare ourselves to our ideal then for the majority of the time we will judge ourselves our “not good enough”.

5: Comparing ourselves with our own realistic level of excellence.

This is the most supportive and realistic comparison to practice. Even great artists and sportspeople have a more healthy intention when they accept that “the best they can do” is different in each situation and day. Roger Federer is a great example of this.

His comments about his tennis often demonstrate this realistic perfection of his level of excellence eg: "I'm at the top of my game so, when I win or lose, I don't freak out...I don't think we can call it a rivalry yet. There's just too many great players around."

"With all the injury problems we have in men's tennis at the moment, I'm happy to still be standing."

Roger Federer entering the Australian Open.

>

## HOW TO BANISH YOUR “I’M NOT GOOD ENOUGH” DEMONS.

6: Comparing ourselves with our own low level of excellence.

How would this change your perception of what you can achieve?

For example: if you compare yourself with how you sang in your first singing lesson or before you mastered that tricky part in your range.

I have many students who forget to take the time to recognise how far they’ve come in the past 6 months or year. Or when they started lessons. Instead they talk about what they haven’t mastered.

It can be a real confidence booster when we remember how hard it used to be getting the top notes in songs, or the big gap in our middle register is not there anymore. Or how much more flowing and resonant our voice is now when it used to feel constricted and forced.

**Celebrate the wins each stop of the way – each practice, each performance.**

**This is one of the most powerful ways to build our trust in ourselves and super charge our confidence.**

**How you answer these questions can change your perception of how you’re singing today.**

**Give yourself a powerful confidence boost today and check out your Comparison Frame.**

**Join me for our fun “Confidence Booster Master class”.**

**Come away walking taller, singing more freely and with greater confidence.**