

## Why Are People Afraid To Sing?

Some of us sing in the car. Some sing in the shower. Some serenade their little ones to sleep while others emulate Beyoncé by belting into a hairbrush in front of the mirror. In the safety of our homes, by ourselves, we feel free to let loose and croon to our heart's content. So how is it that all our bravado instantly turns to bashfulness when it comes to performing in front of others? What prevents us from sharing our passion for music in public? And, sadly, why do some never sing at all?

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In some cases, people [experienced rejection and criticism](#) for singing when they were young. Years later those harsh memories still sound an inner alarm and silence their voices. But often it's the power of our own imagination that shuts us down.

Study after study states that one of the greatest fears people have is public speaking. Since public speaking is a type of performance, just as singing is, [many of the same reasons](#) people fear speaking prevents them from singing as well. And it all starts in the mind.

We may very much want to step in front of that microphone, but to receive that much attention places us in a vulnerable position. Our mind perceives such public exposure to be excessively risky and races to imagine the worst possible way we could fail. *What if I forget the words? What if they boo me? What if they laugh at me?* We automatically assume a negative outcome without actually knowing for a fact that it will happen.

We also can't help but compare ourselves to others, especially in this age of social media. On Facebook, Twitter, and Instagram, people share their best days and proudest moments and it becomes easy to believe it's impossible to measure up. As author Steve Furtick said, "The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel."

If our self-doubt and negative thinking betray us before we've even given ourselves a chance to try, then how do we overcome our fear? Though it's a process, it's often less about fixing it than finding the right tricks and tools to work through it.

### **Seek out examples of others who have faced it.**

Guess who else struggles with performance anxiety? [Adele](#) once confessed, "I'm scared of audiences." [Lorde](#) revealed that she "can be completely crushed by nerves." Some of the most famous and gifted voices in music, like Ozzy Osborne and Barbra Streisand, have grappled with stage fright. Understanding how common it is and uncovering how others handle their fears can help immensely in conquering our own. It's nice to know we're not alone.

**Start with a supportive community.**

Confidence is built in small steps. We need to [prove to our mighty mind](#) that it's safe to sing and become comfortable at one level before moving on to another. A great way to begin the journey is by practicing in front of people we trust and know will cheer us on. Plan a low-key karaoke night with friends; it's a lot less pressure when everyone gets a turn. Find an empathetic vocal coach; it's a great way to get used to being seen and heard in a private, nurturing environment. And definitely join the friendly Wurrly family! Because Wurrly celebrates individuality, it's the perfect place to practice honing those vocal chops and sowing those seeds of confidence.

**Sing songs that inspire.**

Singing is all about expression. Fear demands attention in order to prevent that expression, so it's important to distract and redirect it. Song choice is a sneaky way to do just that. Select a song for its meaning, not because it's popular. When we choose songs that move us, our focus shifts to delivering a message instead of worrying whether we'll hit all the right notes. By seeking to inspire rather than impress, we make a performance about everyone else and not about ourselves.

Fear's purpose is to protect us by making us play small and stick to singing alone. But the reward for mastering fear is the opportunity to find out how brightly we can shine. By sharing our voice, we share a beautiful piece of our heart and spirit. Music is a magical way to feel and spread joy and connect with others. So consider heeding the advice in "Sing" by The Carpenters and sing out loud, sing out strong. The power to do so lies solely in our hands - and our heads.

*Sing*

*Sing a song*

*Let the world sing along*

*Don't worry that it's not good enough*

*For anyone else to hear*

*Just sing*

*Sing a song!*