

# Taming Adrenaline

## Discussion Questions

1. Identify one or two *Taming Adrenaline* strategies that might work best for you, and discuss how you might implement them in the very near future.
2. What conditions create an adrenaline response in you? (Public speaking, talking to executives or senior partners, speaking up in meetings, introducing yourself in a group, interrupting someone, contributing an opinion, giving feedback, making small talk at a party, being the center of attention...)
3. Has the threat of unwanted adrenaline ever stopped you from taking advantage of an opportunity to stand out, speak up, or show off your potential? If so, what was the cost?
4. What would you sign up for, seek out, or say yes to if you knew you could trust yourself to perform at your best?
5. Have you ever succeeded at a task that was slightly out of your comfort zone? How did it feel? Was it worth the effort?
6. Can you identify any moments in your life when a rush of adrenaline feels good? (Winning an award, talking to someone you are attracted to, competing in a sport, amusement park rides, watching a scary movie, being praised or acknowledged, white water rafting...) What differentiates these experiences from moments when an adrenaline rush feels "wrong" or "bad"?
7. Read the following common beliefs and note if any of them apply to you. If so, how might you shift your mindset?
  - a. "The adrenaline response is more severe in me than in others."
  - b. "When I get nervous, I'm sure it is obvious to everyone."
  - c. "The adrenaline in my system causes me to underperform."
8. Which bothers you more, the physical sensations of adrenaline in your system or the fear that you might underperform under pressure? How can you proactively prepare for each of these issues?
9. Choose two tasks from the BOSS Checklist: Take a moment to identify one task that you consider easy (piece of cake!) and one task that is slightly out of your comfort zone (a minor stretch). Envision yourself completing both of these tasks in the next two days. Share with the group, where and when you plan to follow through.
10. Play "Snap Two!": To practice the skill of pausing, try inserting a two-snap pause at the end of each sentence. Going around the circle or in pairs, take turns talking for one minute about your hometown. Be cautious not to allow any accidental fillers within the pause.

11. Play a round of SpeechSkills SoundBites: Each player should randomly choose a card from the sampler pack and offer a 30-60 second response, followed by enthusiastic applause from the rest of the group. (A couple of notes: You are very likely to feel a dose of adrenaline while playing! Try to employ the techniques outlined in the seminar. Also, keep in mind that these impromptu questions tend to create self-criticism. Work very hard to avoid self-commenting or apologizing. Answer with confidence, even if you have to “fake it ‘til you make it.”)