

Talk Therapy

Doing this assignment was kind of hard. It was weird talking to myself and trying to keep it going for an hour. It was difficult, but I did it! At first I tried doing it in the piano room in my house, but for some reason everyone in my family needed to use that room for something. So I went up to my room and sat on the floor so I wouldn't have any distractions. I also had to turn my phone off and that helped me focus and have it quiet.

After talking to myself for an hour about all my thoughts, I listened to my recording. It was kind of funny because I didn't realize I said any of those things. My main thoughts were the things I was stressed about. When I did this it was before Christmas, so a lot of my stress was directed towards that. I was talking about how I haven't done any Christmas shopping and there were only like two days until Christmas Eve. I was trying to figure out what I would get for everyone when I went shopping. I also talked about drill a lot. I talked about how I'm stressed and scared for region. I was also going on about how I haven't even started to choreograph my solo that I had to compete in three weeks. Another interesting thing that I was thinking about was my relationships with friends, family and others.

I also had mentioned one of my dreams I had recently that I really remember. It was funny what I was thinking about it. It was weird doing this assignment but it was cool listening to what I say. It was a nice way to see all the things that I needed to get done. I actually enjoyed doing this assignment.