

In the Spotlight

“Moderation, humility and humor in regard to one’s own work and ideas are a potent protection . . .” —Bahá’í Writings

When you’re acting in a play, it’s fun to have an audience. But if you accidentally trip on a busy sidewalk or drop your tray in a packed lunchroom, you wish you could turn invisible.

The feeling that every eye is on you when something goes wrong is called the **spotlight effect**. Most of us have felt that way, but research shows it’s an illusion.

We overestimate how many people notice our blunders. They’re usually concerned about their own stuff.

Everybody makes embarrassing mistakes. If you get teased, try to laugh it off. Don’t replay your mistake in your head or put yourself down. Focus on your strengths and family and friends who support you, and you may see the situation in a new light.

At a play rehearsal, find nine items named for virtues that help us keep our cool.



CROWN OF
COMPASSION

FORGIVING
FLAG

HUMBLE
HELMET

LOVING
LANTERN

MINDFUL
MAP

PATIENT
PIZZA

RESPECTFUL
ROPE

SUPPORTIVE
SHIELD

TRUSTWORTHY
TAPE

Answers: Crown at CL, flag at CL, helmet at CR, lantern at BR, map at C, pizza at CR, rope at TR, shield at C, tape at BL