

# Learning to Trust Your Musical Self: A Treatise on Overcoming Self-Doubt and Embracing Your Inner Muse

Have you ever had a moment where you were so lost in the music that you felt like you were being carried away by a wave of pure sound? A time when you felt invincible, like you could create anything? If so, then you know the feeling of being in complete alignment with yourself.



## The Perfect Wrong Note: Learning to Trust Your Musical Self (Amadeus) by William Westney

★★★★☆ 4.7 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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Print length : 252 pages



But what happens when those moments are few and far between? What happens when self-doubt starts to creep in? You might start to question your talent, your ability to write good songs, or your ability to perform in front of an audience. You might start to compare yourself to other musicians and feel like you don't measure up.

If you're constantly struggling with self-doubt, it can be difficult to move forward with your musical journey. You might start to avoid writing songs,

practicing, or performing in front of people. You might even start to think about giving up on music altogether.

But don't give up! It's possible to overcome self-doubt and learn to trust your musical self. Here are a few tips to help you get started:

### **1. Identify Your Triggers**

The first step to overcoming self-doubt is to identify what triggers it. What situations or thoughts make you feel insecure about your musical abilities? Once you know what your triggers are, you can start to develop strategies for dealing with them.

### **2. Practice Self-Compassion**

It's important to be kind to yourself when you're feeling doubtful. Don't beat yourself up for making mistakes or for not being as good as you think you should be. Instead, focus on your strengths and remind yourself of all the reasons why you love music.

### **3. Set Realistic Goals**

If you set unrealistic goals for yourself, you're setting yourself up for failure. Instead, set small, achievable goals that you can build on over time. This will help you stay motivated and make progress towards your musical goals.

### **4. Find a Support System**

Having a support system of people who believe in you can make a big difference in your ability to overcome self-doubt. Surround yourself with positive people who will encourage you to keep going.

## 5. Get Out of Your Comfort Zone

One of the best ways to overcome self-doubt is to get out of your comfort zone. Start by ng things that scare you a little bit, like performing in front of an audience or writing a song about a difficult topic. The more you challenge yourself, the more confident you'll become.

## 6. Remember Why You Started

Whenever you're feeling doubtful, remind yourself of why you started making music in the first place. What is it that you love about music? What do you want to express through your music? When you reconnect with your passion, it will be easier to overcome your self-doubt.

Overcoming self-doubt is an ongoing journey, but it's one that's worth taking. When you learn to trust your musical self, you'll be able to create music that is authentic and meaningful. You'll also be able to share your music with the world with confidence.



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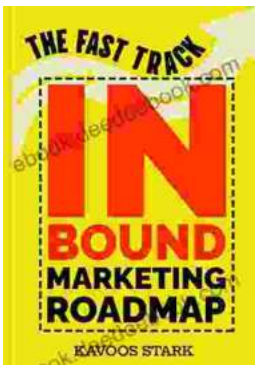
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