15 years old, female, dancer

Every year before summer break, my dance school holds auditions for the elite teams. Auditions are very important, because they determine which team you're going to be competing with. I don't like auditions. They make me very anxious, nervous and stressed.

I think It's mostly because I often doubt myself during auditions, and get the feeling that I'm not talented enough. Or I will start comparing myself with others. This is what I commonly do during auditions. I also have a hard time keeping my focus, when the room is roaming with other talented dancers.

A year ago, auditions were especially hard for me. That's because I got rejected from the team I had dreamed of competing with. What made it even harder was that all my friends made the team. Having to tell my friends that I got rejected was really hard, and it was really hard to put on a smile and congratulate them, when I was secretly dying on the inside.

My mother really helped me get through this tough period. She was the one that helped me back up and made sure I didn't let that one defeat knock me down.

But it is important to keep your head up when experiencing things like these. You need to get back up on the horse and not give up, because of one defeat. I've learnt that getting defeated doesn't make you a loser, but It's quitting because of one defeat that makes you a loser. And that It's important to not let one defeat make you lose your motivation.

That's what I'll be focusing on the next time I come in a situation like this.
Next time I'll be looking forward and not backwards. I will be focusing on what great things I've accomplished instead of comparing myself with others.