

Under the Cover

Synopsis

The proposed performance is an intimate solo piece in which I explore my lived experience with social anxiety, offering a deeply personal yet widely relatable perspective on the condition. First diagnosed in 2008, I draw from my own life to bring to the stage everyday situations that can feel overwhelming—such as job interviews, social encounters, and romantic interactions. Even though not everyone shares the same diagnosis, I believe we can all relate as human beings to the fear of being judged and the challenge of connecting with others. Through vulnerability and honesty, I aim to reveal the internal tension between the desire for connection and the anxiety that often can hold us back.