



Krishnaaaa!!!!

Hey Arjun! Best of  
luck for your  
performance!





Krishna, I can't go out there and dance. Everyone will notice how awkward I am!



Why do you think everyone will be watching you, Arjun?

Because I'll look ridiculous! I'm sure everyone will judge me!





Let me share a story. Once, a student had to give a presentation and felt everyone was watching his every move. Afterward, he realized that most of his classmates were too focused on their own presentations to notice his mistakes.







Really? So, people aren't paying  
that much attention?



Exactly. This is called the **spotlight effect**. We often overestimate how much others notice and think about us.



That's a relief. But why do we feel like we're always in the spotlight?



It's a cognitive bias. We're the center of our own worlds, so we assume we're the center of others' as well.



I guess that means I can just relax and enjoy myself?





Absolutely. Dance like no one's watching,  
because they probably aren't.

Thanks, Krishna.  
I'll try to have fun  
and not worry so  
much!

That's the spirit,  
Arjun. Enjoy the  
moment.

