

Audition Anxiety & Fear of Rejection (April 2011 #2)

"They turned me down because I have red hair," moaned the intelligent, gifted, passionate, hardworking young actor who has a dream of being on Broadway. **"How do you respond to that?"**

For me, an actor in New York City, I frequently find myself in stressful and nerve-inducing situations-be it in an audition or simply walking down a loud and crowded street. It wasn't until I moved to this metropolis that I discovered I suffer from panic and anxiety. I immediately turned to Mount Horeb House Ministry and Dan and Ann Geroy, dear friends of ten years, for spiritual guidance as I work to gain the upper hand on my inhibiting qualities.

This wasn't the first time I sought spiritual refuge in MHH. MHH has had a constant presence in my healing journey for a number of years, and this particular instance wasn't unlike the past. Dan and I revisited memories of the past that were particularly laden with anxiety and panic. With God along for the ride, He guided my joint prayer with Dan and led me to feel unmatched peace in my pivotal memories. God instantly answered our prayer and released me from bonds of my past, allowing me to begin living a life free of debilitating anxiety and panic. Many of my fears and much of my lie-based thinking were replaced with God's truth.

Need I say Dan and Ann are deeply joined with God's healing hand? God is working powerful miracles through Mount Horeb House. Simply ask them to recount some of their other "success stories."

To say I'm an advocate for the mission and work of MHH would be an understatement. Dan and Ann are doing the MOST important work. Through God's grace, they are not only healing, but also saving lives. God's miracles are flowing-especially at MHH.

Graham Douglass grew up in Kerrville, TX, and spent much of his time performing on local stages. He is a graduate of Syracuse University in Syracuse, NY, with a BFA in theater. Graham now resides in New York City where he works as an actor.