

Harpists' Recovery Worksheet by Eleanor Turner

Welcome to my own thoughts post-op, getting back to playing the harp after a few weeks without playing and with accumulated physical problems. As with more 'normal' times, I tried to do the following each time I committed myself to a few minutes of playing:

Analyse – create – imagine – aim for balance between the technical and the musical – *it didn't feel long enough to call it 'practising', sometimes barely a few plucks! but it was all essential to getting back into playing and doing what I love.*

Read my responses and suggestions and if you like, write down some of your own responses either on this sheet or in your own practise journal.

1. Things that seem harder than before:

big chords, harmonics, avoiding buzzes,

.....

2. Pitfalls and blunders I've noticed so far:

sliding on strings, disconnect between the hands, uneven playing, general loss of faculties.....

3. Physical effects from the event/accident/operation/inactivity:

aching, weakness, relying on other muscles, slumping, exhaustion.....

.....

4. Barriers, concerns, things that are holding me back:

fear, worry, panic, procrastination, frustration.....

.....

5. Aims, where I would like to be with my playing:

getting going again, meaningful and musical playing, fluency of touch, no fear

.....