

The Fear of Public Speaking...

LOOKS LIKE...



Physical Discomfort

Stomach pain or feeling sick, pale face, sweating, trembling hands and tense posture, restlessness (i.e. fiddling with clothes, tearing up paper, chair rocking)



Feeling on edge or wanting to escape

Lack of facial expressions, shrugging shoulders and not saying anything, Uncontrollable laughter, Close to tears and shaky breaths, Inability to complete sentences, avoiding eye contact



Defiance

Refusal to participate, disengagement or shutting down, being absent, distracting others or telling jokes

SOUNDS LIKE...



Stalling or avoiding the task

Stomach pain or feeling sick, pale face, sweating, trembling hands and tense posture, restlessness (i.e. fiddling with clothes, tearing up paper, chair rocking)



Making the task seem less important

“Why do we have to do this anyway?”

“This is stupid.”

“It doesn’t matter anyway.”



Predicting a negative outcome

“I’m so bad at this.”

“This isn’t going to be as good as his.”

“This is going to be awful.” “Too bad I have to follow her.”

“I’m going to lose/fail.” “I’ll never be smart enough.”

“She’s so going to beat me.”