

CONFIDENCE BUILDERS: RESOURCE 3

# Unpacking the Fear of Public Speaking

What Am I Afraid Of?	What Do I Need Instead?
<p><b>Exclusion.</b></p> <ul style="list-style-type: none"> <li>• I am afraid of people making fun or thinking less of me.</li> <li>• I am afraid that people won't accept me for who I am.</li> </ul>	<p><b>Acceptance.</b></p> <ul style="list-style-type: none"> <li>• I need to know that my natural style and approach is valuable.</li> <li>• I need to know that everyone struggles and makes mistakes.</li> <li>• I need to know that someone is rooting for me to succeed.</li> </ul>
<p><b>Shame.</b></p> <ul style="list-style-type: none"> <li>• I am afraid of not doing anything right.</li> <li>• I am afraid that I don't know what to do.</li> <li>• I am afraid of getting stuck, messing up, or missing something.</li> </ul>	<p><b>Guidance.</b></p> <ul style="list-style-type: none"> <li>• I need to know how to get started with every new skill and activity.</li> <li>• I need more time to experiment, try, and practice.</li> <li>• I need clear directions and specific criticism to get me to the next level.</li> <li>• I need concrete next steps on how I can make my own improvements.</li> </ul>
<p><b>Failure.</b></p> <ul style="list-style-type: none"> <li>• I am afraid I won't measure up to my past success.</li> <li>• I am afraid of letting people down.</li> <li>• I am afraid that I won't be able to achieve my goals.</li> </ul>	<p><b>Success.</b></p> <ul style="list-style-type: none"> <li>• I need to know what it feels like to succeed.</li> <li>• I need to lower the stakes so that the situation is less scary.</li> <li>• I need to know that if I make a mistake, people will still be there for me.</li> </ul>