

CONFIDENCE-BUILDING GUIDE: RESOURCE 3

Unpacking the Fear of Public Speaking

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

