

CONFIDENCE-BUILDING GUIDE: RESOURCE 5

What Fear Looks Like and Sounds Like

The Fear of Public Speaking...

What Fear of Public Speaking Looks Like	What Fear of Public Speaking Sounds Like
 <p>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)</p>	 <p>Stalling or avoiding the task 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</p>
 <p>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</p>	 <p>Making the task seem less important “Why do we have to do this anyway?” “This is stupid.” “It doesn’t matter anyway.”</p>
 <p>Defiance Refusal to participate, disengagement or shutting down, being absent, distracting others or telling jokes</p>	 <p>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’ll never be smart enough.” “She’s so going to beat me.” “I’m going to lose/fail.”</p>

