## **Face Your Fears**

After reading about speech anxiety, you should understand that you are not alone in your apprehension of public speaking. Instead of ignoring these fears, use this activity better understand the most effective way for you to feel more comfortable when giving your speech.

1. Start by acknowledging your biggest fear(s) of what might happen while you are giving your speech. Do you think your knees will buckle? Will your mind go blank? Write your biggest fear(s) in the space provided.

2. Now, think about ways you can relieve this fear. Use your book, but do not limit yourself to the book's suggestions. Consider the ways you relieve other anxieties in your life and think about how they might be effective in dealing with your speech anxiety.

3. Last, pair up with a classmate. Share with them your biggest fear in relation to public speaking. Then, see if they have other helpful suggestions to add to your speech anxiety relief tips from #2. Take note of any suggestions you find helpful.