

Take the Terror Out of the Talk

Terror Inventory

Current Level of Terror, Circle the most appropriate response:

Mild Less Mild Strong Intense Debilitating Paralyzing

Current Level of Prepared Speaking Opportunities, Circle a response:

Once/Year Four/Year Six/Year Eight /Year Twelve/Year Greater than 12/Year

Which Labels below describe your fear, Circle all that apply:

Afraid to fail New and Unknown Experience Appear foolish Bore audience
Forget speech Tremble Sweat Blush Cultural Reasons Other reasons: _____

Indicate Your Level of Commitment to Overcome Terror, Circle a response:

None Mild Some Strong Great Intense Extreme

Indicate when you plan to begin your program to Take the Terror out of the Speech

When Heck Freezes Over Manaña After Latest Crisis Winter Solstice **TODAY**

Symptoms of Most Speaking Terror

Increased Flow of Adrenalin

Heart Beats Faster

Extra Blood Rushes to Muscles and Brain

Rapid Breathing to Compensate for Need of Oxygenated Blood

Sweat Pouring Out of Body to Compensate for heat of Increased Blood Flow

Potential Reactions to classic “Flight or Fight” syndrome

PANIC – You are going to succumb from the experience.

Outcome: Run and hide and Avoid future situations

REASURANCE – The “RUSH” is natural. The “Extra Energy” will enable you to think and respond quickly.

Outcome: Interpret symptoms that you are ready.

Welcome the symptoms presence.

Methods to change our Mental Perception

Experience

Practice in front of an audience

Reduces fear and builds confidence

Repetition will put your anxiety in perspective

Learn audience is not hostile or bored

Chances are you will not make a fool of yourself

You will realize audience is oblivious to nervousness

Realize audience wants you to succeed

Aware people forgive stumbles of all sizes and degrees

Mental Rehearsal

Vividly imagined event can be stored in the brain and the central nervous system.

Brain cannot distinguish difference between an imagined event and an actual event

A successful speech in your mind increases the success of the actual speech

Close your eyes.

Imagine you are being announced to an audience.

Walk to the lectern.

Smile to the audience.

Breathe deeply a few times.

Picture yourself speaking clearly and forcefully, remembering all of the points you want to make.

You captivate your audience with your words, gestures and vocal variety.

Imagine the audience applauding in appreciation.

REPEAT the exercise until your confidence has increased and your anxiety has decreased.

Relaxation Techniques

Isometric exercise reduces stress and can be done discretely in a crowded room.

Focus on tense body parts. Tighten body part for a few seconds and release
or

Relax all major body parts. Start at feet and work up to facial muscles.

Access to privacy

Standing- inhale and stretch arms toward ceiling.

Exhale as you bend and touch toes.

REPEAT several times

Hold arms out to the sides, parallel to the floor, and rotate them in small circles, first forward ten times and then backward.

Drop your head to your chest, rolling it to the left and the right.

Recap: You will still feel some nervousness even when you practice and perform mental rehearsal. THIS IS NORMAL. Allow the adrenalin to help **you speak with energy and enthusiasm.**