

Four Questions

1. Have you ever avoided a course because it involved public speaking?

Yes_____ No_____

If yes, explain.

2. Have you ever received a lower grade than you could have earned because you did not participate in class discussions or give an oral report?

Yes_____ No_____

If yes, explain.

3. Have you ever avoided taking a job or leadership position because it involved public speaking?

Yes_____ No_____

If yes, explain.

4. Has anxiety about public speaking ever kept you from achieving your goals?

Yes_____ No_____

If yes, explain.

Be encouraged; you no longer have to miss or misdirect your goals because of anxiety about public speaking. Speech anxiety can be conquered!

