

Fear of Public Speaking Workshop Quiz

Name: _____

1. Why are we apprehensive to public speak? We are....

- a. fearful
- b. ashamed
- c. self-conscious
- d. unprepared
- e. all of the above

2. F.E.A.R. is also an acronym for what?

3. What can you use to keep you from going blank while speaking?

4. What kind of breathing should you use before you speak to try to overcome your fear?

5. Social Psychologist, Amy Cuddy, suggests you take on this pose before any high stress situation.