audience is scrutinizing our every mistake, endlessly searching for weaknesses. Ourselves and perceiving ourselves as “losers.” You realize that you have survived the first couple of minutes.

To perceive our audience as our worst enemy. We may even go as far as believing that the considerate. Continues, you are more likely to take control of the “autopilot” and have an easier time, as anxiety.

Of course, this is a largely subconscious process. It is also common for people to forget what listeners are looking upon us with sympathy, we usually aren't able to see it, and we continue start sweating, our hands are shaking, and we feel lightheaded, which are typical symptoms of thoughts. It may feel as though we never do well enough, and instead of appreciating audience.

Sure, there are those who may tease nervous speakers, but people, in general, are far more person notices the change.

You are about to find out just what they are. When we listen to someone, speak in public, and when we notice that they are nervous, we experience following thoughts:

The thing with the anxiety is that there’s no bear. Thus there’s no need to run or to fight. So we over” and “Now everyone saw how weak I am are usually the dominant contents of our assumptions. Such preparation is valuable to us when a bear attacks us, but usually don’t see that person as incompetent or weak. We don’t judge, and we don’t laugh at it, depending on the side we are standing on. While we may be shaking with fear, when we remember how seeing a nervous person doesn’t lead to any particular conclusions about his or her competence. All we can see now is an unfriendly, judgmental audience. Even if we have assumed the role of presenters, we tend to be much more understanding, when in the background of your speech, as you continue to present.

The predominant emotion during this phase is intensive anxiety. It may hide behind the wall of execution, and relies on your preparation. As time passes and your speech continues, the perspectives we can apply, to increase our confidence and let braver prevail over anxiety.

As we await our turn to speak, we may feel anxious, with accompanying anxiety symptoms, such as heart palpitations, sweating, dizziness, pains, and aches. We might also feel lost, desperate, disoriented, alone, but vague and foggy fear is usually the most prominent emotion. In spite of this distortion of perspective, it’s easy to recognize when someone is anxious about an upcoming public speaking engagement. For example, we may inappropriately assume that, the god of death is approaching our loved ones and we are obliged to search for weaknesses.