Remember that if you feel dispirited, keep in mind Nelson Mandela’s words: “I am the master of my fate, I am the captain of my soul.”

Now that you have become familiar with how to cope with your anxiety, by focusing on your behavior, you understand what makes you anxious in public speaking. By focusing on your behavior and not the audience, you can realize that fear is born of what you think and not the reality itself. Once you know the root of your anxiety, you can take steps to address it. To better understand and approach your fear, you need to know how it looks and how to recognize the situations that trigger it. Once you know your triggers, you must work on them to stop them from happening.

Many people feel like they are stuck in a negative cycle where their anxiety triggers their fear, which in turn makes their anxiety worse. To break this cycle, you must identify the root of your anxiety and work on addressing it. By focusing on your behavior and not the audience, you can realize that fear is born of what you think and not the reality itself. Once you know the root of your anxiety, you can take steps to address it. To better understand and approach your fear, you need to know how it looks and how to recognize the situations that trigger it. Once you know your triggers, you must work on them to stop them from happening.

The Art of Public Speaking

Expecting the Unexpected

Support, Instead of Myths

Focusing on Your Emotions

Practice What You Have Learned

Getting Ready to Speak

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