perceive themselves as inadequate, while that may not be the case. 

The circle of self-doubt, inadequacy, and anxiety. 

You may be more active when happy. 

Who fear public speaking, tend to make numerous, mainly negative, assumptions and judgments about whether they are capable of handling this task, while self-encouragement is inspiring. It is only natural, for every human, to experience suffering. 

Suffering is usually an unavoidable part of life, you don't have to make it worse and spin in a circle of self-doubt, inadequacy, and anxiety. 

Thoughts to be present at the moment, without overwhelming you. 

Most people psychological experiences are crucial. 

Yourself. Being afraid and believing that makes you weak always includes suffering. Although it sounds terrible, that context isn't related exclusively to external factors, such as the audience, but to your self-talk. It is much more significant. 

But you need to. 

However, don't confuse a positive relationship with yourself, with self-indulgence. 

You can create your individual self-compassionate phrases and use them whenever you need to. 

A Positive Relationship with Yourself 

For example, instead of: 

- "I'm a failure."
- "I can't do it."
- "I am weak and incompetent."
- "Everyone will remember my failure."
- "I am sure I won't do well."
- "I am afraid; that they are not defined by this particular speech; that they should be less stringent only."

Try with: 

- "You can do it, you are a winner."
- "I can handle it."
- "I am strong and able."
- "Everyone will be happy for me."
- "I will do my best."
- "I am afraid, but being afraid doesn't make me weak."
- "I'll never be able to speak in front of other people, and that will ruin my career."
- "My public speech won't impress everyone, but I'm still a decent human being."
- "Maybe my public speech won't impress everyone, but I'm still a decent human being."

Another common misconception is that self-compassion will jeopardize your self-discipline. It can create a significant difference in your public speaking abilities. 

Another approach that most people find to be very helpful is self-compassion. It represents being kind to yourself, without unnecessarily indulging more than material goods. 

Remember, be kind to yourself in the same way you are with your friends and other people. 

The way we speak to ourselves, within our inner world, while thinking about our successes or failures, can make a crucial difference in every situation. The first step is to realize the pattern you use. You can achieve that by examining your own behavior and responses during challenging situations. The next step is to understand and challenge those patterns, and replace them with more positive and compassionate ones. 

Self-compassion implies accepting all the aspects of yourself, both positive and negative, as a normal human reaction, and it has nothing to do with your competency. In fact, you actually have many examples of being strong. 

Imagine that one of your close friends has a fear of public speaking. He or she feels very insecure and struggles with numerous intrusive thoughts about it. 

However, when you walk in the speaker's shoes, and you feel nervous about a forthcoming public performance, you might take another, less constructive approach. Perhaps your thoughts about that event can be quite harsh and include conclusions, such as, "I am sure I won't do well."

Self-compassion is the same, only directed towards you. 

Self-compassion can have a more tangible form than a language you use while speaking to yourself. 

Context plays a significant role in overcoming a phobia of public speaking. As strange as it may sound, that context isn't related exclusively to external factors, such as the audience, but to your self-talk. It is much more significant. 

The Importance of Self-Compassion 

The Value of Self-Talk 

We can be our best friend or the worst enemy - it's up to us. 

Another common misconception is that self-compassion will jeopardize your self-discipline. It can create a significant difference in your public speaking abilities. 

As a good friend, you'll try to help him or her. You'll probably say that they shouldn't be so hard on themselves.

You already know about some of the ways to cope with negative thoughts, but this time, the context is broader and concerns how you treat yourself. Even if you have never before noticed, there's no need to beat yourself up over that. I have plenty of other great qualities, such as..."

There's no need to beat yourself up over that. I have plenty of other great qualities, such as (list the qualities you like in yourself).”

Many examples of being strong.”

You are capable of getting through it. Be kind to yourself when you fear public speaking. 

Be compassionate toward others, or empathizing with others, is the ability to recognize and share the feelings of another. 

However, when you walk in the speaker's shoes, and you feel nervous about a forthcoming public performance, you might take another, less constructive approach. Perhaps your thoughts about that event can be quite harsh and include conclusions, such as, "I am sure I won't do well."

When It Is Your Turn 

For example, instead of: 

- "I can't do it."
- "I am weak and incompetent."
- "Everyone will remember my failure."
- "I am afraid."
- "I am afraid; that they are not defined by this particular speech; that they should be less stringent only."

Try with: 

- "I can do it."
- "I am strong and able."
- "Everyone will be happy for me."
- "I will do my best."
- "I am afraid, but being afraid doesn't make me weak."
- "I'll never be able to speak in front of other people, and that will ruin my career."
- "Maybe my public speech won't impress everyone, but I'm still a decent human being."
- "If I'm afraid of public speaking, I am such a coward."