If your answered with "yet" to more than two questions, you may be experiencing scenarios, or attempting to get out of your public speaking engagement. Patients may experience fear or anxiety while speaking in front of an audience. Now that you know the essence of phobias, before that happens, however, you should know that phobias are very common, and if you recognize that you have one, that doesn't mean that there's something wrong with you. – you are not alone we are here to help you deal with this common, yet unpleasant issue!

Glossophobia - Phobic Fear of Public Speaking

Are You Experiencing Glossophobia?

Identifying a phobic reaction is the first step in overcoming anxiety and fear, even if it feels impossible at this moment. Of course, it if far from impossible, but it's not overly simple either. Of course, it if far from impossible, but it's not overly simple either. Remember to be as honest as possible.

To find out if you are experiencing glossophobia, you can benefit from the brief self-assessment tool below. Note this is not a real psychological or psychiatric assessment tool aimed to avoid it.

1. Have you ever missed important opportunities (in school, at work, etc.) which involved public speaking anxiety?
2. Have you ever neglected other important moments in your life, because you invested a lot of time and energy in imagining countless devastating scenarios and outcomes before your public speech?
3. Do you tend to overthink and imagine all the things that can go wrong before your public speaking performance?
4. Have you ever tried, unsuccessfully, to overcome your fear of public speaking, but ended up increasingly afraid?
5. Do you normally experience any of these symptoms while speaking in front of an audience or while thinking about public speaking?

If your answered with "yet" to more than two questions, you may be experiencing glossophobia. But, don’t let that discourage you - phobias are highly treatable, and there are plenty of things you can do about it!

Source URL: https://explorable.com/e/is-your-anxiety-a-phobia