occasion, or having to explain something you understand, to a group of people at a gathering. 

Do not happen every time, applying this bold solution is all about diving into exposure head-first. 

Does it sound terrifying?

you have shared something personal.

goes for similar circumstances, such as being asked to give a toast on someone's special

you have to speak in front of an audience without any notice of preparation. 

comfortable with speaking in public.

time and have every right to require it.

consider your reply, as you are required to think on your feet and provide an immediate 

decrees, and at the same time you become more likeable to the audience because you 

randomly selected, which means that you have to go up on stage and participate. The same 

if the bride and groom at a wedding ask you to give a toast, or if your teacher asks you a 

mind may come up with the answer for you, without your conscious effort. Although that will 

answer is – only if you let it. 

with that, if you actually do not. 

might be telling you to run away, remember that only exposure can help you become more 

through you are afraid and unprepared, says a lot about how courageous you are. 

this may be tricky, there are specific approaches you can take, to be successful, even when 

there would be times when you won't be able to talk your way out of participating, for instance, 

of the subconscious desire to act against your impulses, which means that your anxiety 

answer the question straight away. 

honest about needing some extra time is not something to be worried about – you are entitled 

something difficult, it will only take away from your long-term effort and self-esteem. 

additional information; you will, therefore, receive some time to consider your response. 

perform this action on its own - while you feel stunned by the situation and sudden rush, your 

and what you choose to do with it. 

While your refusal to participate may provide the immediate relief of not having to do 

you've done to overcome your fear of public speaking? You probably already know that the 

related to the question. It might make you feel more comfortable to learn that your brain can 

do make mistakes. Besides, the fact that you are willing speaking in front of them, even 

nervous when faced with speaking in front of an audience. Although every fiber of your body 

surprises and one of them may come in the form of an unexpected public speech. Although 

choose one of the following courses of action:

What Can You Do? 

Does Unexpected Equal Disastrous? 

You Rule Your Fear 

Buy Some Time 

Politely Refuse 

Improvise on the Spot 

Acknowledge Your Surprise 

If you find yourself in these situations, try to buy some time to come up with an answer. There 

If your mind has gone blank, and all you can think of is how to get away, then say that you 

Therefore, it is more likely that the audience will be understanding and accepting, even if you 

Remember, it's not the fear that would render you tongue-tight, it is how you perceive that fear 

Preparing for public speaking is, as you know by now, an imperative. But life is full of 

Instead, you can start by acknowledging your surprise, saying that you're not prepared and 

If you find yourself in a situation where someone asks you to speak in front of an audience, 

Having to speak in the spur of the moment can be extremely challenging, especially if you feel 

Imagine the following scenario: it's a lovely day outside, and you have decided to walk to your 

Even if you can refuse, remember that choosing to do so would only reinforce your anxiety. 

These situations may be an exception, but they are indeed possible. Can this ruin everything 

This is the easiest solution. All you have to do is say that you can't speak right now. Although 

Imagine that someone has asked you a question in public, while others are watching and 

Unexpected events are not a disaster, but rather an excellent opportunity to practice exposure. 

Don't try to prepare or buy extra time, but rather say whatever comes to mind and is somehow 

Here's another possible scenario. You are sitting comfortably in the audience and listening to 

If you find yourself in these or similar circumstances and are unsure what to do, you can