

## Think of yourself speaking in public. Which is more true of you, A, B or C?

	A (low fear level)	B (medium fear level)	C (high fear level)
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>When you are speaking</b>			
Fear intensity	I feel a manageable level of nervousness, and I'm able to perform adequately. My fear level is somewhere between no fear to mild fear.	I'm very nervous. My fear is affecting my concentration and my performance. I'm afraid I'm going to embarrass myself. I don't think this is going to turn out well.	I'm extremely nervous. I need to escape the situation for fear I will humiliate myself. My fear is severely affecting my concentration and performance, This is going to be a disaster.
Symptoms:	<input type="checkbox"/> Rapid heart beat <input type="checkbox"/> Nausea <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Tight chest <input type="checkbox"/> Sweating <input type="checkbox"/> Trembling <input type="checkbox"/> Lose train of thought <input type="checkbox"/> Blushing <input type="checkbox"/> Voice quivering <input type="checkbox"/> Problem swallowing	I may have one or more of these symptoms, but they are manageable and I can get through the speaking situation.	I have several of these symptoms and they are making it hard to function and perform adequately. I'm embarrassed and worried about what others think.
<b>When the situation is over</b>			
Level of distress	I'm not emotionally distressed.	I replay my performance in my head over and over, and I feel embarrassed. I don't know how to fix this. I'm distressed and confused.	I replay my performance in my head over and over, and I feel humiliated. I don't know how to fix this. I'm deeply distressed and confused.
Level of avoidance	I don't avoid public speaking situations.	I avoid speaking situations. My fear and avoidance is causing problems in school, my career, and/or my relationships.	I avoid speaking situations at any cost. My fear and avoidance is causing problems in school, my career, and/or my relationships.

If you checked B or C, you probably have a phobia of public speaking. A phobia means that your fear is getting in the way of your goals. For example, you may be unable to graduate from school or interview for a job. The more your fear prevents you from achieving your goals, and the more it limits your life, the more severe your phobia. Phobias of public speaking are treatable, and there are thousands of people who have overcome it with the right treatment. Cognitive-behavioral treatments have been found to be most effective.