

Name :

Date :

Public Speaking Anxiety Worksheet

Make a list of potential concerns you have about speaking. After creating your list, you and other group members will share your concerns. The role of the group is to help brainstorm ways to prevent those concerns.

EXAMPLE :

Concerns :	Strategies :
You list various things that cause you anxiety about public speaking. Try to be as specific and concrete as possible.	As a group, talk about various concerns people have and discuss strategies for alleviating (or even eliminating) those concerns.

CONCERN	STRATEGIES