

# Public Speaking Anxiety Test

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This test was developed to help you understand the key features of a public speaking phobia, and to help you assess your fear level. This is not an official diagnosis — see a mental health professional for an official diagnosis.

## Do you have a phobia of public speaking?

Please answer questions 1-4.

### 1. I fear one or more of these social/speaking situations (check all that apply):

- Giving speeches or presentations
- Performing in front of others
- Introducing myself in a group
- Participating in group discussions
- Voicing an opinion
- Interviews
- Talking to authority figures
- Dating
- Networking
- Other \_\_\_\_\_

### 2. When I'm in those fearful situations I experience some or all of these symptoms (check all that apply):

- Rapid heart beat
- Sweating
- Difficulty breathing
- Losing train of thought
- Blushing
- Tight chest
- Trembling
- Dizziness
- Voice quivering
- Problem swallowing
- Muscle twitching
- Nausea
- Other \_\_\_\_\_

**3. When this happens I feel (check all that apply):**

- Out of control
- Confused
- Distressed
- Embarrassed
- Insecure and lacking confidence
- Like something is wrong with me
- Other \_\_\_\_\_

**4. This has a negative impact on my life in these areas (check all that apply):**

- School and graduation
- Career advancement
- Relationships
- Other \_\_\_\_\_

## Results

If you checked at least one item in question 1, 2, 3, and 4, you probably have a phobia or 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.

## How severe is your phobia?

### 5. To what extent has your fear of public speaking prevented you from accomplishing your career goals?

*For example, your nervousness may prevent you from graduating from school, interviewing, pursuing a career you love, performing satisfactorily in your job, networking, getting a promotion, or other goals. Check the box that most applies to you.*

- Significantly (my nervousness is significantly preventing me from achieving my goals)
- Somewhat (my nervousness is somewhat preventing me from achieving my goals)
- Not significantly (I may be nervous in some situations but my nervousness is not preventing me from achieving my goals)

If you selected “significantly” or “somewhat,” can you identify one career goal that your nervousness has prevented you from achieving? *Write your answer in the text box.*

### 6. To what extent has your fear of public speaking prevented you from accomplishing your personal goals?

*For example, your nervousness may prevent you from having the types of relationships you want, socializing, or other goals. Check the box that most applies to you.*

- Significantly (my nervousness is significantly preventing me from achieving my goals)
- Somewhat (my nervousness is somewhat preventing me from achieving my goals)
- Not significantly (I may be nervous in some situations but my nervousness is not preventing me from achieving my goals)

If you selected “significantly” or “somewhat,” can you identify one personal goal that your nervousness has prevented you from achieving? *Write your answer in the text box.*

**7. If you had no fear, what would you be able to do that you can't do now? Write your answer in the text box.**

### 8. My fear level in these situations

Evaluate your degree of fear in each of the following situations:

- ▶ **Low** means your nervous symptoms are manageable and you can perform adequately.
- ▶ **Medium** means your nervous symptoms somewhat affect your ability to perform. For example, you may have difficulty concentrating and you may forget one of your key points.
- ▶ **High** means your nervous symptoms significantly affect your ability to perform or make it impossible to perform. For example, hyperventilating.

	Low	Medium	High
Ask a question at a town hall meeting			
Participate in a performance evaluation with your boss			
Give a speech at a conference			
Introduce myself to a new business colleague			
Participate in a large group discussion with strangers			
Conduct a networking conversation			
Give a short report to a work team			
Introduce a speaker to a large audience			
Strike up a conversation with a stranger at a social event			
Present report findings to the Chief Executive			
Introduce yourself in a large meeting			
Offer a toast at a wedding or a eulogy at a funeral			
Tell a joke in front of a large social gathering			
Express an opinion at a team meeting			
Participate in a job interview			
Give a workshop in your area of expertise			

## Results

**High Fear:** If your fear rating is high in any of these situations, you probably have a phobia of public speaking that is severely limiting your life and preventing you from achieving your goals. You are a good candidate for [SpeakMeister](#) – a program developed for public speaking phobia.

**Medium Fear:** If your fear rating is medium in any of these situations, you probably have a phobia of public speaking that may be limiting your life and getting in the way of achieving your goals. You are a good candidate for [SpeakMeister](#) – a program developed for public speaking phobia.

**Low Fear:** If your fear rating is between 0-35, you are a good candidate for [Toastmasters.org](#) or non-phobic groups at [SpeakMeister](#).

Public speaking phobias 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.

Public speaking phobia is a type of social anxiety, so you may want to join a social anxiety or public speaking phobia treatment group. See our list of [treatment centers](#) or [virtual counselors](#) that specialize in social anxiety and/or public speaking phobia.