



Tracking the Firing Order

To track your speaking anxiety firing order, use the following assessment guide to help you determine where your specific anxiety begins (i.e., which dimension of your personality initiates your fear, anxiety, or nervousness).

Imagine a recent speaking experience. With one of these scenarios in mind, try to pinpoint your initial dimension(s). Try to order the dimensions that fire on your specific anxiety, using the descriptions below to guide you. Give special attention to ranking the top three dimensions.

Rank 1-6:

____(a) Do you immediately think: “Having to give a speech will be awful. I can’t do it! Everyone will laugh at me or think less of me. I could never please that audience. I will make a fool of myself.”
[COGNITION]

____(b) Do you immediately feel physically any of the following sensations: blushing, nausea or stomach tightness, heart pounding, sweating, lightheadedness, or other physical reactions? [SENSATION]

____(c) Do you immediately and vividly visualize yourself in a scene where you have failed the audience, are the target of laughter or jeers, run from the room, or engage in any other negative activity?
[IMAGERY]

____(d) Do you feel emotionally upset, tense, anxious, or nervous? [AFFECT]

____(e) Do you react with avoidant behaviors, such as procrastination or running from the situation? Do you avoid the assignment because you feel you have a lack of skills in this area? [BEHAVIOR]

____(f) Do you feel over-stressed in general, so that the idea of giving a speech just adds one more stressful situation to the list? [STRESS]