



INTUITIVE HYPNOSIS

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Fear of Public Speaking

Name _____ Date _____

1. When is the first time you can remember having trouble with public speaking?

2. Are you required to speak in front of others at work?

Yes No Not Applicable

At school?

Yes No Not Applicable

3. Does your fear of public speaking apply to large groups?

Yes No Not Applicable

Small groups?

Yes No Not Applicable

One on one situations?

Yes No Not Applicable

4. Which of the following symptoms do you experience when you are in a public speaking situation?

- | | |
|---|--|
| <input type="checkbox"/> Accelerated heart rate | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Pressure across your chest | <input type="checkbox"/> Tingling in the hands |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Other – please describe |
| <input type="checkbox"/> Shakiness/jitteriness | _____ |
| <input type="checkbox"/> Sweaty face, palms, or other areas | _____ |
| <input type="checkbox"/> Chills | _____ |
| <input type="checkbox"/> Fog brain | _____ |

5. Do you experience these symptoms even when “thinking” about speaking in front of others?

6. Have you ever belonged to ToastMasters?

- Yes No

7. Under what circumstances do you anticipate needing to speak in front of others? (giving a speech, running a meeting, attending a meeting, a job interview, a date, etc.)

8. What is the most uncomfortable public speaking experience you have ever had?

9. What else can you tell me about your experience with public speaking that will help me help you? _____
