

Public Speaking Fear Survey Template

All questions are optional. Follow each question's directions.

Write your answers to the open questions in the space provided.

Think about one upcoming speaking situation. All questions are optional. Share only what would help plan preparation; there is no score or diagnosis. Do not include medical history or private information about other people. You can discuss your preferences directly with the facilitator instead.

1. Which speaking situation are you preparing for?

- ☐ A short team update
- ☐ A class or workshop presentation
- ☐ A formal talk
- ☐ A question-and-answer session
- ☐ An introduction or personal speech
- ☐ Another situation
- ☐ No specific situation yet

2. How concerned do you feel about that speaking situation right now?

- ☐ Not at all concerned
- ☐ Slightly concerned
- ☐ Moderately concerned
- ☐ Very concerned
- ☐ Extremely concerned
- ☐ Not sure
- ☐ Prefer not to answer

Public Speaking Fear Survey Template

All questions are optional. Follow each question's directions.
Write your answers to the open questions in the space provided.

3. Which part would you most like help preparing?

- ☐ Getting started
- ☐ Organizing the message
- ☐ Remembering key points
- ☐ Speaking at a comfortable pace
- ☐ Responding to questions
- ☐ Speaking in front of the audience
- ☐ Something else
- ☐ No help needed at this time

4. What are you most concerned might happen during the talk?

5. Which practice option would you prefer to try first?

- ☐ Rehearse privately
- ☐ Talk through an outline with one person
- ☐ Practice a short section with a small group
- ☐ Try the full talk with feedback
- ☐ Discuss options before choosing
- ☐ No practice activity at this time

Public Speaking Fear Survey Template

All questions are optional. Follow each question's directions.
Write your answers to the open questions in the space provided.

6. What kind of feedback would be most useful after practice?

- ☐ One clear strength and one next step
- ☐ Comments on message clarity
- ☐ Comments on pace and delivery
- ☐ Help with questions from the audience
- ☐ A private discussion about my goals
- ☐ Another approach
- ☐ No feedback at this time

7. What would help make the first practice session workable for you?
