

Are You Afraid of Public Speaking?

Glossophobia [glaa-suh-fow-bee-uh] or stage fright is the intense and persistent fear of public speaking. It comes from “glossa,” the Greek word for tongue and “phobos,” the Greek word for fear.



Fear Rating: Glossophobia is one of the most common phobias. People with this phobia can experience shaking, sweating, dry mouth, stiff back, and rapid heartbeats.

Origin: Fear of public speaking is a social phobia that may be caused by genetics, a negative past experience, and fear of being judged, embarrassed, or rejected.

Fear Facts:

- Formal public speaking originated in Ancient Greece as part of democracy.
- People are more afraid of public speaking than death, spiders, and heights.
- The Guinness World Record for Longest Speech was awarded to Ajay Shesh in 2015, who spoke for over 60 hours on how to become a better person.
- U.S. President Franklin D. Roosevelt said: “Be sincere; be brief; be seated.”
- Tips: Know your topic, practice, visualize, embrace pauses, and breathe.

Jokes: Did you know there are public speaking potatoes? *Nothing special really, they're just comment**taters**.*

Fear No More! With preparation and practice, most can conquer public speaking fears. But if you believe you suffer from glossophobia and want help, talk to your parents or doctor about treatments. For more fear facts, visit: scaredybat.com/book4.

