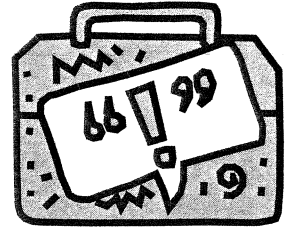


LET'S TALK ABOUT NERVES HANDOUT:

What Are *You* Afraid Of?



Write a sentence or two about the things that scare you about public speaking.

This is how I feel if I have to talk in front of others: (Check each symptom that you feel.)

- My hands shake.
- I get a headache.
- My shoulders ache.
- I get dizzy.
- My mouth goes dry.
- My neck hurts.
- My heart beats faster than normal.
- I get sweaty palms.
- My stomach is upset and I'm nauseated.
- My legs are shaky.
- I can't stop my feet from tapping.
- Other: _____