

The Stage-Fright Cycle



Phobia

A fear of something that is far greater than the danger.

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Stage 1

Predictions

Your internal voice tells you that the worst will happen.

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Stage 2

Fear

You begin to feel fear and panic.

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Stage 3

Anxiety and Poor Performance

Your anxiety causes you to have trouble giving your speech.

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Stage 4

Phobia Now Seems Real

After you are finished, your internal voice tells you that you were right to fear public speaking and that it really is dangerous.