IIT ROORKEE

NPTEL ONLINE CERTIFICATION COURSE

Lecture - 40

Glossophobia-2

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Symptoms of Social Anxiety

- Cognitive symptoms
- Physical symptoms
- Emotional symptoms
- Behavioral symptoms

Obstacles in Overcoming Social Anxiety

- Long term beliefs
- Avoidance of the tough situations
- Over-focusing on yourself
- Fear of fear
- Safety

Unhelpful Thinking Styles

- Catastrophizing
- Predictive thinking
- Mind reading
- Magnifying the negatives and minimizing the positives
- Personalization
- Over-generalization
- Labeling

Steps to meet with glossophobia

- Identify the situations that make you anxious .
- Identify one specific goal to work on.
- Rank the situations relevant to the goal-
  - **0 - Relaxed**
  - **25 - mild levels of anxiety**
  - **50 - medium levels of anxiety**
  - **75 - high levels of anxiety**
  - **100 - severe levels of anxiety**

Toastmasters?

- One of the best learn by doing educational forums for communication and leadership.
- Tagline ,“**Where leaders are made.”**
- The format of the toastmaster goes like-
  - Communication
  - Leadership
  - Humors
  - Table topics
  - Evaluation
  - Internal speech contests