

# True reason why people are scared of public speeches

by Olivia Ryan



Public speaking makes a lot of people terrified so much that it even deserved a unique status in psychology. The so-called Glossophobia is one of the most common phobias in the world, with as much as [19% of people](#) dealing with this issue. However, it's not impossible to solve the problem.

Understanding the true reason behind such a fear can help you to combat and eventually overcome stage fright. According to psychology advisors at [Aussiewritings](#), it's easy to determine the main reasons why a person is frightened of public speeches. Keep reading and you'll see how.

## 7 reasons why you are afraid to speak in public

All people are different but they have pretty much the same reasons to fear public speaking. There are [27 million people](#) with Glossophobia in the US alone. Let's see the 7 most common factors which cause stage fright among them.

- **Negative previous experiences related to public speeches and low self-esteem**

Just like all other phobias, this one also begins developing early in your life. Do you remember the time when you failed to make a successful speech in front of your classmates or sing a song at the family gathering? If you had these or other similar experiences, they probably triggered your fear of speaking in public.

It undermines your self-esteem and makes you scared of giving it another try. But you shouldn't give up if you know the reason. Try practicing alone in front of the mirror. Once you get used to it, take it to the

next level and try to deliver a speech for a small group of people. When you complete this stage, it's only a matter of time when you'll be able to address the larger group of people successfully.

- **You are afraid that people are getting bored**

It is true that not all public speeches are amusing. As the matter of fact, public speeches are mostly boring and too formal. This can be a huge burden for some people as they imagine their audience yawning and rolling their eyes, waiting for the speech to be over.

First of all, you should start thinking about this situation as an awkward side-effect of public speeches. But keep in mind that it's not your fault – all other speakers are facing the same problem. Secondly, you could try to insert a few comic reliefs in your speech just to wake up the audience and make them more interested. You don't need to play a clown but a convenient joke every once in a while will give you a much-needed dose of self-confidence.

- **You don't want to show that you are nervous and thus vulnerable**

If you don't trust your public speaking qualities, you will show that you are nervous and thus vulnerable, which is a big problem indeed. The [vulnerability](#) is essentially the inability to withstand the effects of a hostile environment.

To prevent this, you should stay calm and breathe deeply before making the speech. Just think about it and remind yourself that you prepared well for this occasion. You are in charge and you know the topic. Don't let irrational fears to distract you: just go out there and deliver your speech as prepared.

- **Fear of bad presentation and poor body language**

Some people are sure of their knowledge but they get scared when it comes to their physical appearance and body language. You don't know how to position your torso, what to do with your hands, or who to look at? Don't worry too much as this is probably the most benign cause of Glossophobia. You can [perfect non-verbal communication](#) through practice. Using only a few basic tricks - like hand waving or leaning forward – will make you look more powerful and self-confident.

- **You want to impress the audience**

To be completely honest, all of us hope to impress the audience with our speeches and we attach huge importance to the results of our performances. It doesn't mean, however, that we succeed every time. This expectation is sometimes so strong that it can tie your hands and leave you speechless.

The most efficient model to avoid this is to stay rational and objective. Yes, it's natural to hope for the best but it's also smarter to hope for the average. That's why you should stay relaxed and focused on your speech and not on results.

- **Comparing yourself with the previous speakers**

Sometimes you are only one of the speakers at the event. In this case, you listen to the people who speak before you and suddenly get scared that you won't be nearly as impressive as they are. It's a natural reaction as people judge best through comparisons. But if this makes you scared of speaking in front of the larger audience, the solution is simple: don't listen to other speakers. Find a peaceful place to isolate and focus on your own speech.

- **You are afraid that you don't know the topic**

Many people who suffer from Glossophobia feel that they lack some knowledge or expertise on the topic they should talk about. However, it's almost never the case and the problem is inside your head. To cope with it, you should prepare and learn everything there is to know about the subject. After that, you can make a rehearsal in front of your friends and let them ask you questions afterward. This will make you confident and ready for the actual speech.

## Conclusion

Although it may sound like an exaggeration, it's a well-known fact that most people are afraid of public speeches. But once you begin understanding this fear, you'll be on the right path to solve it. Take enough time to practice and don't be afraid of failures. It's a matter of hard work and self-confidence – and the more you exercise, the faster you will overcome this phobia.



**About author:** Olivia is an incurable optimist who always sees the glass as half-full. She likes nature, knows how to enjoy silence and is keen on writing for different websites. Meet her on [Facebook](#) and [Twitter](#).