

## Test Bank

### Chapter 2: Manage Speech Anxiety

#### Learning Objectives

- Identify problematic thought patterns.
- Recall methods for making self-messages more constructive.
- Name two distinct sensations caused by speaking anxiety.
- Review why speaking anxiety makes your mind go blank.
- Identify the effects of the fight-or-flight response on a speaker who is experiencing speaking anxiety.
- Define stress.
- Identify ethical expectations for helping classmates combat their speaking anxiety.
- Define anticipatory anxiety.
- Identify physical effects of speaking anxiety.
- Recall the five ways speaking anxiety affects behavior.
- Determine the primary effects of public speaking anxiety on the mind, body, and behavior.
- Identify five methods for working with speaking anxiety to help you present well.
- Know that speaking anxiety is normal.
- Define visualization.
- Define desensitization.
- Recall the benefits of positive self-talk.

#### True/False

1. Public speaking anxiety can be irritating but rarely interferes with the ability to deliver a speech.  
Answer: False  
Level: Understanding  
Topics: Public speaking anxiety; Public speaking anxiety awareness
2. All-or-nothing thinking is a good technique to help overcome stage fright.  
Answer: False  
Level: Understanding  
Topics: Intrapersonal communication; All-or-nothing thinking
3. A speaker's fight-or-flight response can cause them to avoid eye contact with their audience.  
Answer: True  
Level: Remembering  
Topics: Fight-or-flight response; Effects of public speaking anxiety

4. Stage fright is so common that scientists studying stress often use public speaking to make their experimental subjects anxious.  
Answer: True  
Level: Remembering  
Topics: Stress; Effects of public speaking anxiety
5. Scientifically speaking, public speaking is only a stressor if it threatens someone's physical, financial, or academic well-being.  
Answer: False  
Level: Understanding  
Topics: Stress; Effects of public speaking anxiety
6. Public speaking anxiety can begin as early as several hours before a speech.  
Answer: False  
Level: Understanding  
Topics: Anticipatory anxiety; Effects of public speaking anxiety; Speech preparation
7. Public speaking anxiety is usually just as severe when discussing a topic you know well as when you are speaking about something you are less familiar with.  
Answer: False  
Level: Remembering  
Topics: Anticipatory anxiety; Effects of public speaking anxiety; Speech preparation
8. Scientists have found that people with a tendency to worry experience less physical stress from public speaking than do non-worriers, because worrying is a form of preparation.  
Answer: False  
Level: Understanding  
Topics: Physical noise; Effects of public speaking anxiety
9. Men tend to develop higher levels of stress hormones as a result of public speaking anxiety than women do.  
Answer: True  
Level: Remembering  
Topics: Physical noise; Effects of public speaking anxiety
10. Most people can eliminate their public speaking anxiety with enough training and experience.  
Answer: False  
Level: Understanding  
Topics: Techniques to avoid speaking anxiety; Public speaking anxiety awareness
11. Anxiety can improve your public speaking performance.  
Answer: True  
Level: Remembering

Topics: Public speaking anxiety awareness; Effects of public speaking anxiety

12. You should use visualization to imagine what could go wrong during your speech so you will be mentally prepared for problems.

Answer: False

Level: Understanding

Topics: Visualization; Performance techniques

13. Because each public speaking experience is unique, the desensitization technique is of only moderate effectiveness in reducing stage fright.

Answer: False

Level: Understanding

Topics: Desensitization; Performance techniques

14. Giving speeches online in front of avatars (graphical representations of people) is unlikely to help reduce stage fright.

Answer: False

Level: Remembering

Topics: Desensitization; Performance techniques

15. Research has shown positivity to be the most effective technique for reducing stage fright.

Answer: False

Level: Understanding

Topics: Performance techniques; Speech preparation

16. Most of the effects of stage fright are unnoticeable to the audience.

Answer: True

Level: Remembering

Topics: Speech preparation; Public speaking anxiety awareness

## Multiple Choice

1. Professional entertainers and public speakers
- A. do not experience stage fright.
  - B. can suffer debilitating stage fright.
  - C. experience minor stage fright at most.
  - D. suffer different effects from stage fright than less experienced performers.

Answer: B

Level: Understanding

Topics: Public speaking anxiety; Public speaking anxiety awareness

2. Speech anxiety is essentially
- A. a fear that others will not like you.
  - B. a fear that you will forget your speech.

- C. a fear of strangers.
- D. an uncontrollable instinct.

Answer: A

Level: Remembering

Topics: Public speaking anxiety; Self-messages

3. Intense public speaking anxiety
- A. can prevent someone from speaking effectively.
  - B. requires professional psychological treatment.
  - C. can be fought through without too much difficulty if one really wants to.
  - D. is more common in women.

Answer: A

Level: Understanding

Topics: Public speaking anxiety; Effects of public speaking anxiety

4. During his speech, Dwayne repeated himself a few times, and seldom made eye contact with the audience. He also demonstrated passion and knowledge about his subject matter. To reduce the possibility of speech anxiety in the future, after his speech he should
- A. focus on his mistakes and plan for the perfect speech next time.
  - B. assume that he will receive a bad grade so he will not be disappointed.
  - C. concentrate on what he did well.
  - D. accept that he is mistake prone.

Answer: C

Level: Applying

Topics: Effects of public speaking anxiety; Self-messages; Speech preparation; Intrapersonal communication

5. Which of the following is a constructive self-message?
- A. Taking the pressure off by assuming your performance will go poorly
  - B. Adopting an all-or-nothing attitude that mistakes in your speech are not acceptable
  - C. Admitting right away that a speech went poorly, not pretending that others did not notice
  - D. Thinking about ways you improved on poor performances in the past

Answer: D

Level: Applying

Topic: Intrapersonal communication; Self-messages

6. Which of the following is **not** a good method for combatting stage fright?
- A. Thinking of ways to make every speech perfect
  - B. Remembering how you have improved after past mistakes
  - C. Telling yourself that practice makes perfect
  - D. Waiting for feedback from others before judging yourself

Answer: A

Level: Applying

Topics: Intrapersonal communication; Self-messages

7. Which of the following are common effects of intense stage fright?
- A. The desire to run away; fainting
  - B. Fainting; vomiting
  - C. The desire to run away; your mind going blank.
  - D. Your mind going blank; vomiting

Answer: C

Level: Remembering

Topics: Fight-or-flight response; Effects of public speaking anxiety; Forgetfulness

8. When a speaker's mind goes blank due to stage fright, it is because
- A. most of their energy is committed to combatting the desire to flee.
  - B. they did not spend enough time planning what they wanted to say.
  - C. they are convinced that what they want to say is not good enough.
  - D. most of their energy is directed toward managing their anxiety.

Answer: D

Level: Understanding

Topics: Fight-or-flight response; Effects of public speaking anxiety

9. Hector is feeling very anxious about the presentation he is scheduled to give at work. He asks his boss if it can be rescheduled for next week. This is an example of
- A. his mind going blank.
  - B. a fight-or-flight response.
  - C. a negative self-message.
  - D. a constructive coping technique.

Answer: B

Level: Analyzing

Topics: Fight-or-flight response; Public speaking anxiety

10. Public speaking anxiety is experienced by roughly \_\_\_\_ adults.
- A. 1 in 3
  - B. 1 in 5
  - C. 1 in 10
  - D. 1 in 25

Answer: B

Level: Remembering

Topics: Stress; Effects of public speaking anxiety

11. Those who only risk personal embarrassment from an episode of public speaking may \_\_\_\_ situations where someone's career success is at stake.
- A. suffer little stress compared to
  - B. suffer less severe stress than in
  - C. suffer stress just as debilitating as
  - D. not suffer any stress at all, as opposed to in

Answer: C

Level: Understanding  
Topics: Stress; Effects of public speaking anxiety

12. Communicating ethically requires you to
- A. ignore stage fright in your classmates.
  - B. point out your classmates mistakes.
  - C. help your classmates toughen up.
  - D. help your classmates feel safe from ridicule.

Answer: D

Level: Understanding

Topic: Ethics

13. Heckling is
- A. an important tool for teaching people to overcome stage fright.
  - B. acceptable only if the class has agreed as much in advance.
  - C. always unethical and inappropriate.
  - D. an unethical but effective technique to relieve stress before a performance.

Answer: C

Level: Understanding

Topic: Ethics

14. Public speaking anxiety
- A. can begin days or weeks before a speech.
  - B. does not begin until shortly before a speech.
  - C. generally peaks a few minutes into a speech.
  - D. usually ends once a speaker is a few minutes into a speech.

Answer: A

Level: Understanding

Topics: Anticipatory anxiety; Effects of public speaking anxiety

15. Preparing for a speech typically \_\_\_\_\_ anticipatory anxiety.
- A. is the cause of
  - B. increases
  - C. reduces
  - D. has no impact on

Answer: C

Level: Remembering

Topics: Anticipatory anxiety; Speech preparation

16. Darius has devoted many hours to preparing for his speech tomorrow. He can expect to
- A. experience even more anxiety than usual due to over preparation.
  - B. not experience any anxiety before or during his speech.
  - C. still have a spike in anxiety before his performance.
  - D. still have the same amount of anxiety as usual.

Answer: C

Level: Analyzing

Topics: Anticipatory anxiety; Effects of public speaking anxiety; Speech preparation

17. Which of the following choices best characterizes the relationship between preparation time and public speaking anxiety?
- A. The amount of time available to prepare neither increases nor decreases public speaking anxiety.
  - B. The more time is available to prepare, the less anxiety a speaker feels.
  - C. Having a week or more to prepare leads to a decrease in anxiety.
  - D. Spending too much time on preparation leads to overthinking and increased anxiety.

Answer: B

Level: Understanding

Topics: Anticipatory anxiety; Public speaking anxiety awareness; Speech preparation

18. All of the following are common physical symptoms of public speaking anxiety **except**
- A. elevated heart rate
  - B. dilated pupils
  - C. itchiness
  - D. sweaty palms

Answer: C

Level: Remembering

Topics: Physical noise; Effects of public speaking anxiety; Public speaking anxiety awareness

19. Angela noticed that Professor Dawkin delivered his lecture in a monotone today. This is a likely indication that
- A. he is moderating his voice to control his anxiety.
  - B. he is feeling especially stress free.
  - C. he is using anti-anxiety medication.
  - D. his voice has been affected by stage fright.

Answer: D

Level: Analyzing

Topics: Physical noise; Effects of public speaking anxiety; Public speaking anxiety awareness

20. A facial twitch during speaking is likely a sign of
- A. a speaker's frustration at being unable to remember what he wanted to say.
  - B. muscle tension in the speaker's face caused by speaking anxiety.
  - C. a speaker's body relaxing as stress levels decrease.
  - D. an unconscious desire by the speaker to avoid eye contact with the audience.

Answer: B

Level: Understanding

Topics: Physical noise; Effects of public speaking anxiety

21. Javier gave a good presentation, but Rachel still suspected he was suffering from stage fright because he \_\_\_\_\_ his speech.
- A. swayed and moved around a lot during
  - B. cleared his throat before starting
  - C. relied heavily on visual aids as part of
  - D. did not incorporate any humor into

Answer: A

Level: Analyzing

Topics: Physical noise; Effects of public speaking anxiety; Public speaking anxiety awareness

22. All of the following are common behavioral effects of public speaking anxiety *except*
- A. stuttering.
  - B. fidgeting.
  - C. pacing.
  - D. blinking.

Answer: D

Level: Understanding

Topics: Physical noise; Effects of public speaking anxiety

23. Choose all that apply. What are the three areas where speaking anxiety is most likely to affect someone?
- A. Behavior
  - B. Beliefs
  - C. Body
  - D. Character
  - E. Mind

Answer: A, C, E

Level: Understanding

Topics: Public speaking anxiety awareness; Effects of public speaking anxiety

24. The best approach to speaking anxiety is to
- A. train hard to eliminate it before engaging in public speaking.
  - B. avoid public speaking unless you are particularly relaxed.
  - C. accept that it will prevent you from succeeding in public speaking.
  - D. accept that it is normal and unlikely to ever go away completely.

Answer: D

Level: Understanding

Topic: Techniques to avoid speaking anxiety

25. You are feeling jittery before going out to address the student council meeting. Your text recommends you try to
- A. direct your nervous energy into your performance.
  - B. burn off the excess energy through pacing or exercise.



- C. rest in a dark, quiet room to try and bring your energy back to normal.
- D. put off addressing the council for another day when you are less stressed.

Answer: A

Level: Applying

Topics: Techniques to avoid speaking anxiety; Performance techniques

26. The technique of visualization

- A. can be used to avoid stage fright entirely.
- B. will help you to control your breathing during a bout of public speaking anxiety.
- C. is primarily useful for actors and actresses.
- D. can help you perform well in spite of stage fright.

Answer: D

Level: Understanding

Topics: Visualization; Performance techniques

27. Basil is feeling stressed out about the presentation he is giving tomorrow. Based on your text, you recommend that to reduce stage fright he

- A. imagine the worst thing that could happen during the presentation to desensitize himself.
- B. imagine the audience applauding or thanking him after the speech.
- C. envision himself giving the presentation successfully from start to finish.
- D. postpone the presentation until he is feeling less stressed.

Answer: C

Level: Applying

Topics: Techniques to avoid speaking anxiety; Performance techniques; Public speaking anxiety awareness

28. One good method for reducing speaking anxiety is

- A. setting low expectations for yourself by assuming that your speech will go poorly.
- B. restricting your public speaking to only when it is important.
- C. setting high expectations for yourself by insisting that the speech be perfect.
- D. taking as many opportunities as you can to speak in public.

Answer: D

Level: Applying

Topics: Techniques to avoid speaking anxiety; Performance techniques

29. Essentially, desensitization involves

- A. overcoming your fears by ignoring them.
- B. overcoming your fears by facing up to them.
- C. transferring your anxiety from public speaking to something else.
- D. imagining yourself giving a stress-free speech.

Answer: B

Level: Understanding

Topics: Desensitization; Performance techniques

30. Giving virtual speeches in front of online audiences
- A. will give you a false impression of what actual public speaking is like, leading to heightened stage fright.
  - B. can help you to refine your speech, but is unlikely to affect your stage fright.
  - C. can desensitize you to the experience of public speaking.
  - D. is discouraged in favor of practicing in front of live audiences.

Answer: C

Level: Understanding

Topics: Intrapersonal communication; Speech preparation

31. Engaging in positive self-talk
- A. often leads to a self-fulfilling prophecy.
  - B. reduces the negative effects of stress.
  - C. increases the positive effects of stress.
  - D. has been shown to be ineffective in dealing with stress.

Answer: B

Level: Understanding

Topics: Intrapersonal communication; Speech preparation; Stress

32. Based on your text, which of the following techniques would you not recommend that Dave employ to help deal with his public speaking anxiety?
- A. Engaging in public speaking in front of a virtual audience on a regular basis
  - B. Psyching himself up before a speech by telling himself how he is going to blow the audience away with his performance
  - C. Engaging in vigorous exercise before his performance to burn off some nervous energy
  - D. Imagining giving a successful performance of an upcoming speech

Answer: C

Level: Analyzing

Topics: Techniques to avoid speaking anxiety; Performance techniques; Intrapersonal communication; Speech preparation

33. The most effective technique for combating public speaking anxiety
- A. is desensitization.
  - B. is positivity.
  - C. is visualization.
  - D. depends on the person.

Answer: D

Level: Remembering

Topics: Public speaking anxiety awareness; Intrapersonal communication; Performance techniques

34. If you feel anxious in front of your audience
- A. they will probably not be able to tell.
  - B. they will probably notice and feel sympathetic.

- C. you should concentrate on acting normally so they will not notice.
- D. you should just admit it to them, as stage fright is very difficult hide.

Answer: A

Level: Understanding

Topics: Public speaking anxiety; Effects of public speaking anxiety;  
Public speaking anxiety awareness

35. Generally speaking, the audience for a public speaker

- A. wants her to succeed.
- B. does not care if she succeeds or fails.
- C. will grow hostile if they detect her anxiety.
- D. enjoys watching her fail.

Answer: A

Level: Remembering

Topics: Public speaking anxiety awareness

### Fill-in-the-Blank

1. Predicting that your speech is going to fail no matter how much you prepare is a problematic self-message known as \_\_\_\_ \_\_\_\_.

Answer: fortune telling

Level: Remembering

Topics: Intrapersonal communication; Self-messages; Fortune-telling

2. Harvey gave a poorly received speech last week, and now he is convinced that he will never be able to give a successful performance. He is engaging in \_\_\_\_.

Answer: over-generalization [alternatives: overgeneralization, over generalization]

Level: Understanding

Topics: Intrapersonal communication; Self-messages; Over-generalization

3. You think that if anything whatsoever goes wrong with your speech, it is a complete failure. This is \_\_\_\_ \_\_\_\_.

Answer: all-or-nothing thinking [alternatives: all or nothing thinking]

Level: Remembering

Topics: Intrapersonal communication; Self-messages; All-or-nothing thinking

4. As soon as class was over, Violet told her friends, "My speech was terrible. I'm failing for sure." She is \_\_\_\_ \_\_\_\_ \_\_\_\_.

Answer: jumping to conclusions

Level: Understanding

Topics: Self-messages; Jump to conclusions

5. The anxiety of public speaking can trigger a speaker's \_\_\_\_ response, making them want to escape.

Answer: fight-or-flight [alternative: fight or flight]

Level: Remembering

Topics: Fight-or-flight response; Effects of public speaking anxiety

6. When someone experiences stage fright, their desire to get away from an anxiety-inducing public speech can cause them to avoid \_\_\_\_\_ with the audience.

Answer: eye contact

Level: Understanding

Topics: Effects of public speaking anxiety; Fight-or-flight response

7. \_\_\_\_\_ is the body's reaction to a threat.

Answer: Stress

Level: Remembering

Topics: Stress; Effects of public speaking anxiety

8. The scientific term for an event that causes stress is \_\_\_\_\_.

Answer: stressor

Level: Remembering

Topics: Stress; Effects of public speaking anxiety

9. \_\_\_\_\_ is a psychological state of worry and unease.

Answer: Anxiety

Level: Remembering

Topics: Public speaking anxiety; Anticipatory anxiety

10. Thinking about giving a speech in the future can cause \_\_\_\_\_ anxiety.

Answer: anticipatory

Level: Remembering

Topic: Anticipatory anxiety

11. In general, speaking anxiety causes a greater elevation in heart rate among \_\_\_\_\_ than it does among \_\_\_\_\_.

Answer: women, men [alternative: females, males]

Level: Remembering

Topics: Physical noise; Effects of public speaking anxiety

12. People who are suffering from public speaking anxiety tend to swallow \_\_\_\_\_ frequently than usual.

Answer: more

Level: Remembering

Topics: Physical noise; Effects of public speaking anxiety

13. Scientific study has shown that public speaking anxiety affects behavior in at least \_\_\_\_\_ different areas.

Answer: five [alternative: 5]

Level: Remembering

Topics: Public speaking anxiety awareness; Effects of public speaking anxiety

14. People suffering from public speaking anxiety tend to use more \_\_\_\_\_ like "um," and "you know," than they otherwise would.  
Answer: filler words  
Level: Remembering  
Topics: Public speaking anxiety awareness; Effects of public speaking anxiety
15. The stress of public speaking increases your available \_\_\_\_\_ stores.  
Answer: energy  
Level: Remembering  
Topics: Public speaking anxiety awareness; Effects of public speaking anxiety
16. \_\_\_\_\_ is the practice of imagining oneself giving a successful performance from start to finish.  
Answer: Visualization  
Level: Remembering  
Topics: Visualization; Performance techniques
17. \_\_\_\_\_ is the practice of imagining oneself giving a successful performance from start to finish.  
Answer: Visualization  
Level: Remembering  
Topics: Visualization; Performance techniques
18. Mukesh wants to overcome his fear of heights, so every week he forces himself to go out on the observation deck of his office building. He is practicing the technique of \_\_\_\_\_.  
Answer: desensitization  
Level: Understanding  
Topics: Desensitization; Performance techniques
19. In a virtual reality public speaking situation, the audience is represented by \_\_\_\_\_, graphical representations of people.  
Answer: avatars  
Level: Remembering  
Topic: Speech preparation
20. Fiona could not stop worrying about forgetting her speech before the wedding. By the time it was her turn to toast the new couple, she was so anxious she couldn't speak. This is an example of a \_\_\_\_\_.  
Answer: self-fulfilling prophecy [alternative: self fulfilling prophecy]  
Level: Understanding  
Topic: Speech preparation
21. For the most part you can expect your audience to want you to \_\_\_\_\_ in your public speaking.

Answer: succeed

Level: Remember

Topic: Speech preparation