

## SELF-ASSESSMENT OF STAGE FEAR

Reflect on how you generally feel, think, and act before, during, and after a speech or presentation and rate each of the below 30 statements as one of these:

- (a) Strongly disagree
- (b) Disagree
- (c) Sometimes Disagree Sometimes Agree
- (d) Agree
- (e) Strongly agree

1. I cannot let down those who believe in me
2. I'm sure I'll get it wrong when I get to this passage
3. They have noticed I'm nervous/ I didn't live up to expectations
4. While I'm on stage, the audience is looking out for my mistakes
5. My performance was awful, they will think I'm no good
6. I will not be able to control my nerves on stage
7. What if I make a mistake? What if I get lost and don't know how to continue?
8. If I don't get to be a good performer I will have failed as an artist/communicator
9. If I'm not perfectly ready it's better not to do it at all
10. If I don't do it better, it's because of the pressure and the circumstances around me
11. I don't understand why I make mistakes, it's my fault
12. I'm generally happier on my own than in a big crowd
13. I don't enjoy starting conversations with strangers
14. There are few areas where I'm really knowledgeable
15. I'm not good at everything I do
16. People can read me like a book
17. I don't enjoy meeting new people
18. Compared with my peers, I have limited expertise

19. When challenged, I am scared to fight back
20. I always feel I can do better than what I have done in any situation
21. I am my own worst critic
22. I am spontaneous and impulsive by nature
23. It is not easy for me to trust people
24. I always expect the worst, so it's hard to hope for the best
25. I am generally not as upbeat about things than my peers are
26. It is not easy for me to know what other people are thinking
27. My friends think I'm a cynic
28. There are many things about me I would like to change
29. I always worry about what might go wrong
30. I prefer books to people

Mark a

1 for Strongly disagree,

2 for Disagree,

3 for Sometimes Disagree Sometimes Agree,

4 for Agree, and

5 for Strongly agree

A lower score depicts more confidence, and a higher score depicts more tendency towards stage fear.