

## Speech Anxiety Self-Test

Is it possible that I have symptoms of Speech Anxiety?

How anxious do you feel when you think about public appearance?

- A. Extremely anxious
- B. Very anxious
- C. Somewhat anxious
- D. A little
- E. Not at All

Give your first instinctive answer to the question: out of 10 how serious is your speech anxiety?

- A. 9 or 10
- B. 7 or 8
- C. 5 or 6
- D. 3 or 4
- E. 1 or 2

How bad are your symptoms of speech anxiety?

- A. The symptoms are really bad and I have used drugs
- B. The symptoms are really bad but I've avoided using meds
- C. The symptoms are uncomfortable and I've used drugs
- D. The symptoms are uncomfortable but I've not used meds
- E. I don't really experience significant symptoms

To what degree has this issue impacted your relationship with your family, friends & co-workers? Do you find it difficult to explain what you are going through, or even keep it a secret?

- A. Extreme impact on relationships
- B. Significant impact
- C. It has made things difficult at times
- D. A little, not too bad
- E. None

Overall, when you think about the impact this is having in your life how bad is the problem?

- A. It's ruining my life
- B. It has considerable impact and has to be dealt with
- C. Life would be a lot better without speech anxiety
- D. It's not great but I'm OK
- E. No impact really

In our experience, clients who overcome speech anxiety experience benefits in many areas of their lives, not just in situations that used to make them gloss phobic. Even if you were *only* to get rid of speech anxiety, how much better would things be?

- A. Dramatically better. This will be a huge change for me
- B. A very big improvement
- C. A significant relief. Gloss phobic situations are very uncomfortable for me
- D. Better
- E. It wouldn't really make much difference

Although this, or no self-test, is conclusive, if your answers to these questions concern you, there is a possibility you may have Speech Anxiety and you should contact an iTherapyRX counselor or another health care professional.