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HOW TO OVERCOME THE FEAR OF PUBLIC SPEAKING

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In this article we will delve into the delivering a perfect speech with no fear. The vast majority of people face to this problem when they are on the stage. It might be because of low self-esteem that one feels himself or herself as a burden. There are some emotions that we have no control over them particularly anxiety, fear. There are the two mains that is because, delivering a speech in front of the big audience is also kind of fear that doesn't allow to person act smoothly. What is more, when person starts overthinking about his or her presentation which causes anxiety. As a consequence, he or she might end up with being dissatisfied from his or her speech. In order to prevent these consequences, there are some methods that help us to be a confident speaker.

From many years now the vast majority of people have common stereotype that public speaking is the terrible thing to do. Even though, they would probably choose encountering snake rather than delivering a speech. There might be several reasons that lead them to act in that way. We cannot say all of them proper reasons though.

That is because as a human being we mostly tend to overthinking such as what would I do If I couldn't deliver a speech perfectly or What might be the audience reaction when I give a speech whether they like it or not. All of those thoughts we have in our mind that serves as a bad tool for us. As an intelligent creature we should overcome from all of those

bad thoughts that make us weaker and weaker every time unless we might lose our capability of free communication.

The common ways of losing anxiety:

It is anxiety that is the first barrier during delivering our speech. "Public speaking anxiety" (PSA) is a prevalent social anxiety affecting up to 30% of the population. Individuals with PSA often express fear of being evaluated by others and avoid eye contact. Despite this behavioral characteristic, the potential of gaze avoidance reduction as a therapeutic intervention to alleviate PSA related anxiety remains unexplored" (Bernhard Fehlman et al.,2023) The person on the stage is responsible for engaging the audience so before being in that position person should overcome his or her anxiety unless he cannot his job properly. In order to decrease your anxiety first of all you should be calm. Precisely not to be perfectionist it means whenever you make mistake just keep it simple that is why as a human being that is quite natural. You have to know your mistake and replace it with the correct opinion though. Furthermore, it is quite useful when you have conversation before delivering your speech. You can make your ideas well developed and structured along with you feel like the speech that you are about to deliver is as similar as you are just talking with your friend with almost no change. The only thing that differs from your simple conversation is now you are talking one to one then you just perform this same speech in front of the big audience. All you have to do is being patient and performing well as much as you can." While fear is generally assumed to powerfully limit employee voice, a functional view of emotions suggests that responses to fear vary. Instead of assuming that fear is negatively associated with voice, I argue that this relationship may be more complex" (R. David Lebel,2016) It be might one of the best solution if you have a cup of coffee before performing your speech since it includes caffeine that can decrease that the level of your anxiety. There are some perfectionists who are mainly focused on a form of impression management that is characterized by self-presentational efforts to build an image of perfection in public settings(Hewitt et al.,2003)

Watching famous and interesting speeches in different topics:

Before starting anything that we are not totally sure or we know less information about that particular thing we can watch samples. It is the easiest way of doing anything by watching this sample video we learn how to do it. It also works well for public speaking. The most common one you might watch TEDx Talks that inspires everyone to be a confident speaker. Not only do they perform motivational speeches but they also speak about how to be a confident speaker, how to overcome your internal fears. It might be one

of them <https://youtu.be/almrjNPrh30?si=RLIUVOxoW4ve3ec> is the best one in this video he explains how to be a perfect speaker.

Being a hero on the stage:

We can start this passage with famous quote that goes with “Communication works for those who work at it all” John Powell. I wholeheartedly support this idea, this is because, performing a flawless speech demands great effort. For instance, in any field or any job we have to know at least a little information before doing it. To be precise if you are the speaker so you are in charge of whether encouraging or persuading your audience. Most of the time the speakers who are newcomers in that area in public speaking, whenever they are on the stage they feel themselves as a useless person who cannot encourage the audience. Though, they might deliver the best speech ever unless they underestimate themselves. That is so hard to understand this situation why person should neglect his or her abilities, why should have the fear of showing his or her emotions, thoughts individually, what is the point from avoiding failures. That is failure that we learn most of the thing from it. Once you are on the stage you have prepared really well and started performing a speech suddenly instead of saying “Commercial” you said “International” that is clear that you failed in your speech, even though you have tried your best. The vast majority of the people who were in that situation they would probably not deliver any speech in front of the audience for the rest of their life since they might think once they have failed it continues till the end of their life. In other word it is the end of the world for them. Some people do not take it serious though. Because of the fact that, they know that making mistakes is not that bad once they have failed the next time they can do better than this one and also practice makes perfect. There is no failure as soon as you call it as a failure, precisely, when you try to do something you whether win or learn. There is no any option. In some cases we might call learning as a failure in reality it is not a failure that is just our first step towards our bright future. There is no one, that becomes a professional in his or her field from the very first time. They all start their journey from the failures and then after learning from their mistakes they become professionals. Even though professionals also are not free of mistakes they have it, all they do is they just take it easy. It works in the same way for the speakers whenever you are delivering a speech be confident enough that is why there is no one out there who is better than you. You are the best one even though you make a mistake just learn from your mistake and be consistent in your practice.

Conclusion:

Never feel shame from your failures this is because, they are the significant part of the process just take them easy. Overcoming the fear of public speaking requires practice, preparation, and a positive mindset. Start by understanding your anxiety and gradually exposing yourself to speaking situations. Utilize techniques such as deep breathing and visualization to calm nerves. Rehearse your material thoroughly and seek feedback to build confidence. Remember, it's normal to feel anxious; focus on the message rather than yourself. With persistence and experience, you can transform fear into a powerful tool for effective communication.

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