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My Fear of Public Speaking

Fear of Public Speaking, those butterflies in the stomach, sweaty palms, frozen voice, overall panicky feeling one gets right before speaking publicly. Who has ever had such an experience? This fear of public speaking was the subject of my recent nightmare. Experiencing this nightmare ended my fear of public speaking. How did this magic happen?

Join me now on this freedom journey – freedom from the fear of public speaking.

Three events of the past few days gave birth to this nightmare. First, I had just returned from being the moderator of a corporate conference. Due to lack of practice, I got tongue tied and was not happy with my performance!

Second, at a Toastmaster meeting, on the day of this dream, I had pre-speech jitters and again got tongue tied.

Third, after this same Toastmaster meeting, there was a discussion by several members about the fear and anxiety of public speaking. These three events weighed heavy on my mind that night.

I dreamt that I traveled to California to run a large corporate conference. It was my job to make the opening statement and introduce the speakers. Disaster unfolded. The plane was late, my bags sent to the North Pole and the speaker introductions were lost in the cloud. I was jet lagged, no make-up and dressed in wrinkled street clothes. I pushed open the doors of the conference hall. My eyeballs just about popped out of my head. I stood there frozen at the site before me. The podium was located at the bottom of an empty Olympic sized pool, surrounded by tall palm trees. It was 100 degrees. The audience was standing around the top of the pool, glaring down at me. I was in the state of pure fear and panic. This large corporation was counting on me to run this conference. I said to myself, you are a Toastmaster – you can do this! I took a deep breath. I pushed that panicky feeling away. I stood tall with my best Toastmaster smile and shouted welcome! It was this shout that woke me up!

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I woke up in a cold sweat. I told myself that it is only a nightmare. This nightmare took me on a powerful, life-changing journey, the journey of freedom from my fear of public speaking.

Despite the road blocks set in front of me, I was able to perform in this bizarre virtual reality situation. I vividly remember this dream when I start to get just a little bit nervous about public speaking. I think, you can do it. This is easy compared to that speaking engagement at the bottom of an Olympic sized swimming pool. If you can speak there, you can speak anywhere.

Dreams and nightmares can send powerful, life changing messages. Are you listening to these messages? If I can calm my fears in a nightmare, then I can calm my fears at a real event. Can you use your dreams to help you? Think about it!

Welcome to my world, where my fear of public speaking has been drowned in an Olympic sized pool.