# Types of Public Speaking

*Please rank order the following events according to their tendency to create anxiety*

*Use 10 for the most anxiety-provoking and 1 for the least.*

1. Giving directions to a stranger
2. Introducing a guest speaker at a club
3. Standing up and talking on a topic I don’t know about to an audience of 40
4. Speaking to a group of friends
5. Standing up and talking about a subject I know to an audience of 80
6. Being interviewed for a job
7. Chairing a meeting
8. Standing up and talking about a subject I know about to an audience of 40
9. Speaking in a seminar of 8 people
10. Standing up and talking about a subject I don’t know about to an audience of 80