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Fear Of Performance; Cure Panic Attacks

Using a few simple techniques can help [Cure panic attacks](#) during public speaking. Most people are affected with shyness at some point in their life. There are some people who feel confident and enjoy the attention of others, but for the majority the opposite is usually true. The thought of being watched is enough to create immense feelings of fear and anxiety for some people.

Fears of being embarrassed and severe anxiousness around others; these are common characteristics of social phobia. Even though it has been recognized as one of the most common anxiety disorders, most sufferers remain undiagnosed. Social phobia usually develops in childhood and accounts for over 90% of adult cases. Cases of social phobia in children commonly develop from frequent criticism from teachers and parents, and rejection and ridicule from peers.

As adults we still feel the pressure from others to perform and through our own self-criticism, we lose self-confidence and assertiveness. Most people with social anxiety fail in [Overcoming panic attacks](#) even into adulthood. The following situations are common for causing panic attacks; going on a date, going to an interview, or making a public speech.

Symptoms can be especially terrifying when you are forced to confront your fears with nowhere to escape. The domino effect of anxiety symptoms causes more fear and more symptoms, which trigger an attack. During a panic attack a sufferer might experience depersonalization and derealization, as well as distressing physical symptoms such as sharp chest pain, rapid heart rate and hyperventilation.

One of the things that worry people with social phobia is making a mistake in front of others. It's helpful to take preemptive action to reduce or cure panic attacks by being prepared. This is why being prepared with your content is incredibly helpful. Make the effort to research and put together a neat plan of what you're going to deliver. Use prompt cards to help you, so you don't lose track.

Practice makes perfect, so go through content until you become familiar with it. Get into the habit of practicing in front of close friends and family. Practice both out loud and in your mind. Using imagery is an excellent way to practice the real thing in your mind.

Furthermore, adding positive self-talk and using vivid imagery can boost your levels of confidence and reduce anxiety. Firstly, get into a meditative state, breathing deeply and steadily, and begin to imagine a person who is confident to you. It could be someone you know personally or someone you've seen on TV. Observe their movements and the way they talk, and notice the qualities that make them confident.

Keeping this image, step forward into that person. Feel yourself ooze with confidence, and with this image in mind, imagine going through the presentation or speech that you have. Imagine everything going perfectly and see yourself comfortable and relaxed. Do this several times throughout the day and everyday up to the event.

Visualization exercises can help cure panic attacks for any social situation and help give you the practice you need to feel confident. On the day mentally go through this positive picture one more time. Roll your head and shoulders, breathe deeply, smile and give it your best. Don't worry about making any blunders, just smile and no one will notice. Through self-help techniques, anyone can overcome [Anxiety And Depression](#) disorders.

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