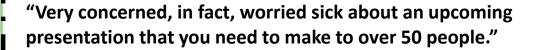
## Work It Through: Public Speaking





- 1. What is within your control? What is not within your control?
- 2. What is the worst that could happen do I have evidence of this?
- 3. What is the probability of that actually happening? (High, Medium, Low)
- 4. If the worst happens, what will you do?
- 5. What will probably happen?
- 6. Explain in a positive way, how the situation should probably be handled and what the thoughts should be:
- 7. Once you have your plan in place, decide on the best calming strategies to use.