The anxiety report shows that I am ambivalent or comfortable with most of the different forms of communication that the report tests for. This makes sense to me since I have never volunteered to give a speech but I also don’t avoid it. I think a lot of my comfort with public speaking stems from an experience I had in the 6th grade. It was the first time I had to give an oral report to my class. My parents were so excited that they showed up to watch my presentation. They were the only parents that took time off from work to be there. It boosted my confidence level so much, especially since I had practiced the speech in front of them a lot before doing it in school. To this day when I have to give a speech, I remember them showing up to that first speech and it instantly clams me, and makes me feel happy and confident. Even though I feel I am a pretty confident speaker I never go looking for situations that draw attention towards me. If I can just melt into the back ground and go unnoticed I will gladly go that route. This gives me the ambivalence when it comes to public speaking.

I would also like to point out that the answer to these questions can be very different depending on the situation. For instance I have worked at my job for 7 years; I feel very comfortable and confident t at work. When I have to do public speaking at work I don’t even think twice about it. But if I had to give that same speech to a group of strangers in a place I didn’t feel comfortable then my anxiety would go way up. These situational variations and resulting answers don’t seem to be taken in to consideration with the test.

I would have to say that from the list of common causes for communication apprehension my biggest would be audience based apprehension. Where I am at doesn’t really matter. I was never socialized to fear anything; in fact my dad made it a point of teaching me to face any fears I had head on. He was also really good at boosting my confidence and pointing out how easy it was afterwards, which makes for less anxiety the next time. I tend to only get anxious when I am talking to people I don’t know and who’s education level is unknown to me. I don’t like it when I talk over people’s heads and they find me boring, or I am not smart enough for them and they find me boring. If there is someone there I know and can focus on occasionally the situation is much easier to handle. I think this is in part because I can easily read the person I know, this lets me see how well I am doing. With strangers I don’t know if the guy checking his cell phone is bored with me or getting an emergency text from his kids at home. Reading the reactions of people I know helps me to identify on the fly what I am doing wrong, like not talking loud enough or rambling on about a tangent that doesn’t fit with the original speech, this way I can make the needed changes on the spot.