Speech: Stage Fright and What to Do About It

1949

Narrator:

This is the strange story of Fred Strong. A normal happy man who usually enjoys life. He is someone you know perhaps someone like yourself. But suddenly without warning, Fred comes face to face with one of life’s problems. A new one for him, the high-powered chairman of the local luncheon club asked him to speak at a club meeting.

“Who, me?” asked Fred. “Oh no, I am not much of a speech maker.” But, the club man is persistent. “Sure, you can do it!” he says. “We want to hear all about your trip to Alaska.”

Fred protest to no avail. “We will count on you for next Thursday”, says the club man. And he’s gone.

Fred, whether he likes it or not is committed to make a speech. Fred trapped. He feels he just agreed to make a parachute jump or a ride of rocket to the moon and this is just the beginning. For Fred who is on his way to all the terror, all the worry, all the pain of an ailment, commonly known as stage fright.

As time passes and Thursday approaches, Fred will be jolted from his reading. But with the awful recollection that the day is near. His deepest slumbers may be interrupted, by the harrowing thought of what to come. And even food is hard to force into a stomach but feels it is loaded with hard bricks.

Yes sir, Freddy is scared. Just plain scared. And on the day of the speech, he is really aside. The toastmaster gives a glowing account of Fred experience as a traveler and his upstanding qualities as a man. He mentioned how Fred is considered a leader of the community and how proud he is to introduce him. But, look at Fred. He is not even sure he can stand up.