

Exercise (18)

Make a video of your speech, then analyze it for distractions using this questionnaire:

1. What verbal mannerisms do I have?

2. Which ones might be distracting?

3. Do I exhibit any of the following?

- Verbal filler words (ah, like, okay, etc.)
- Monotone
- Repetitive intonation (unspeak, etc.)
- speaking too fast or too slow

4. How will I compensate for these tendencies?

5. What physical mannerisms do I have?

6. Which ones might be distracting?

7. Do I exhibit any of the following?

- ◆ Touching my face
- ◆ Fiddling with clothes or jewelry
- ◆ Hugging myself
- ◆ Playing with objects, such as notes or a pen
- ◆ Facial ticks

8. What can I do to compensate for these habits?

9. What happened that I didn't expect?

—How did I handle it?

—What other things might happen when I actually give the speech?
