

Trait Anxiety

by Sophia Tutorial



WHAT'S COVERED

In this lesson, you will learn about another particular type of anxiety that many people experience. Specifically, this lesson will cover:

1. What Is Trait Anxiety?
2. Neuroticism

1. What Is Trait Anxiety?

When we talk about anxiety as it relates to public speaking, we like to think of it as two different types of anxiety.

There's situational anxiety that is triggered by specific and immediate events. The other is trait anxiety, which refers to a more long-term form of anxiety.

Trait anxiety reflects a stable tendency to respond with state anxiety in the anticipation of threatening situations. Trait anxiety tends to build up over time and may be the result of **neurosis**. Trait anxiety may be conscious or unconscious.



TERM TO KNOW

Neurosis

A mental disorder, less severe than psychosis, marked by anxiety or fear.

2. Neuroticism

Individuals who score high on neuroticism are more likely than the average to experience such feelings as anxiety, anger, envy, guilt, and depressed mood. They respond more poorly to environmental stress, and are more likely to interpret ordinary situations as threatening and minor frustrations as hopelessly difficult.

Neuroticism is often marked by shyness and a lack of self-confidence, making tasks like public speaking seem like an insurmountable challenge. Fear not— there is hope.

You might be experiencing trait anxiety when the very idea of getting up to speak in front of a crowd - no matter the size - causes an immediate feeling of dread and may affect your mood for several hours, days, or

even weeks.

A neurosis around public speaking may have been caused by an event when you were very young, where you received criticism or ridicule in front of a group of people. Or, it may be something that has always stayed with you.



SUMMARY

In this lesson, you learned that **trait anxiety** tends to build up over time and may be the result of **neurosis**. Trait anxiety may be conscious or unconscious. Those who experience trait anxiety may already be people who are naturally shy and self-conscious. Women are more likely to experience trait anxiety than men.

Source: Boundless. "Trait Anxiety." Boundless Communications Boundless, Invalid Date Invalid Date. Invalid Date. Retrieved 18 May. 2017 from <https://www.boundless.com/communications/textbooks/boundless-communications-textbook/building-confidence-to-speak-4/understanding-anxiety-27/trait-anxiety-129-7616/>



TERMS TO KNOW

Neurosis

A mental disorder, less severe than psychosis, marked by anxiety or fear.