My Greatest Fears

When I think of what really holds me back by my mind creating a block in front of it 2 things come to me. My fear of confrontation and fear of public speaking. My fear of confrontation probably stems from the Indian mindset of “respecting” elders. I used to think at many times that my dad for example was wrong when he yelled too much or just how he handled particular situation, when I did that I used to get a scolding and before I knew it I became a submissive person who never stands up for himself with an image of my dad in my head whenever I wanted to express myself in an emotional manner just standing in front of me and I couldn’t do it. When I grew up I realised this when I really wanted to say something in an angry manner and I just couldn’t, it caused me a lot of mental and emotional pain and I regret letting this fear get a hold of me. Although I haven’t qite put this fear behind me I got better when in the 9th standard I came across some very very dear friends; some not where I live some close to me. Them and my sister helped me figure my mind out when I got overwhelmed with thoughts that I wanted to say but I didn’t. My second fear of public speaking and generally doing something in front of strangers started when I was in the 2nd standard and my teacher told me to present something in front of an assembly of about 500 people, I distinctly remember about half of them not caring and some others laughing at my inability to speak articulately and not putting my point across(students of 5th) and since then I have not been able to volunteer to express myself on a stage. I am currently still battling this fear by putting myself outside my comfort zone in things I’m good at like debating and other competitions. Trying to end on a positive I participated in a MUN recently that my friend forced me into, while not getting any awards I felt really good about myself and I hope to do more!

-Shivam