I have a fear of talking to strangers. I always become nervous while replying to any question either it is from a stranger or my teachers. I also have a fear of speaking on stage. I know that I can but I always get nervous on stage.

Also other fear that I have or maybe I can say that I have experienced in this lockdown is about my career. I always think about it a lot. Even when I study I think about all that stuff which makes me to overthink about it and I get distracted from my studies and waste my time. All this really makes me stressed.