

## **How I overcame my phobia of heights.**

**I was afraid of heights (Acrophobia). When all my friends had fun climbing trees and ladders, I would stand down and watch them. I was fascinated by seeing pictures of skydiving, paragliding and all other adventurous activities but there is this intense fear of heights which made me feel helpless. Recently I went for a family trip to Rishikesh and we did River rafting. There was a huge cliff jumping area where everyone jumped in to the river with jackets on. I was hesitant at first but everyone around me encouraged me so much I thought of giving it a try. I still remember the mixed feeling I had before jumping but when I did, that was the best moment of my life. The jumping part happened real quick and I was floating in the water with happy tears. I'm not scared of heights anymore, now I can go for all adventures without thinking twice.**