

Fear speech essay



**ASSIGN
BUSTER**

It's dark, foggy, you're alone and all you can hear is your breathing.

Suddenly you hear footsteps, slow at first and then they quicken. What emotion is triggered? What about when you walk on stage for a play, your first big tournament, or giving your first speech. B: Link: The clammy hands, flushed face, and wobbly legs are all acts of fear. C: Thesis Statement: These fears evolve as we mature. D. Forecast: From 7 years old to 15, my biggest fears were sudden change, to being inserted into a new family and forgotten, to being judged by people who didn't know II. Body A.

Earliest Fear/ Memory – “ From what I can remember, My first fear was change and being left behind. ” 1 . Favorite uncle passed away a. 7 years old b. Did everything together 2. Family members started to change a. It was a slow change b. Wicked lead up too very very big change 3. Picked up and moved to Texas a. Mom and I moved away from close family c. Thought they would forget me 4. Coping a. Started to keep to myself b. “ I couldn't be scared of change or being left behind, if all I cared about was myself. ” B. Middle School Fear: “ About two years into this big move to the Lone Star state, y mother gets a boyfriend. 1. Mom gets married a. Summer before 7th grade b. Just turned 12 years old 2. Didn't really like my stepped a. Accepted the fact that “ I'd kind be stuck with him” for my mom's sake 3. Scared of how the “ new family” would turn out a. Realized I didn't care b. As long as my mom was happy C. Current Fear: “ And now here I am, facing one of my biggest fears; being judged. ” 1 . Scared of high school a. Movies make “ mile stone of our lives” seem scary 2. Scared of cliques a. Judge my appearance and my attitude 3. Being judged by strangers .

Coping/Realization a. “ I didn’t care what people thought, in fact, I’m trying not to care what any of you think about me. ” b. Truth is I’m still scared III.

Conclusion: A. Restatement: I’ve coped with change, the fear of being forgotten and I’m still coping with the thought of being Judged. B. Summary: These three things, change, being forgotten, and being Judged; these little things don’t matter. All that matters is you. Fear is nothing. C. Attention Getter: As Franklin D. Roosevelt very simply stated, “ We have nothing to fear but fear itself. “