

How I Face My Fears

When I was younger I was terrified of spiders. 5 years ago I was in the bath and I was grabbing some soap and I saw a spider. At first I was curious why it was there then I screamed. (very loud.) And I don't know about you but that is definitely NOT facing my fears. So I called my mom and SHE had to flush down the spider. A few years later I was in the shower washing my hair when I saw a GIANT spider right in the corner of our shower, and instead of screaming I did something I never thought I would do... I didn't scream! I splashed a bunch of water on it and it went down the drain. And if I hadn't grown for the past 5 years I would never have used that shower again but now I use it all the time. In my opinion that is a very bad fear because spiders are surrounding us. Why we should face our fears is because all of our fears are surrounding us so it would be pretty hard to never face our fears. But sometimes your fear is never going to happen to you, so why should you be afraid of something that's not going to happen to you. And if you do it and it hurts, then it hurts, it's not going to kill you. For example, a shot, it's just going to last 2 seconds then you're done. And if you have to do it again then you'll know what it feels like and what to prepare. Some good fears are like falling off a cliff, breaking a bone or getting bitten by a dog. You probably want to avoid those things. Fear is just how everything works, it's how you grow and learn, so don't feel bad about your fear 'cause everyone has it. Whether if you do your fear, have fear, make fear, we all have fear to face.