

ANXIETY!

So the day i first felt anxiety was at school i was in 3rd grade at the time.This is how it all happened I had to go in front of the whole classroom and had to do a presentation well,everyone **had to**. So what we had to do is show the hole school what is special to us (for example a stuffed animal or baby things or a photo) we were doing youngest to oldest.So i was the tenth person that had to go then the ninth person had went up there.So i just thought to myself “What if i **FALL** what if i say a word **WRONG** what if i forget the words” I was just thinking about negative things.So the kid was about to finish and that’s when it all went down.I felt like i could not breath but really i was i felt really worried and wont stop shaking and kept sweating I **EVEN FORGOT WHAT TO SAY**. Next thing you know I go up so and unfortunately i am really shy so well ummm i was quit the whole time! My teacher soon said “you know what i will just do this for you.I had to tell her first what i wanted to say for she could say it.Now every time when i have to do presentation i get anxiety and it doesn’t feel right.