

Lised Banegas

English 101

### My Dream Piece Of Writing

If I had the freedom to write whatever I wanted, in whatever format I wanted, I would write about anxiety and shyness in teens. I would write about this because I can relate to this since I am a shy girl. Ever since I can remember started elementary school going to middle school, high school and even now that I am in college, I've always been shy to talk in front of a large crew, or the classroom. Why was I so shy, I don't know. It was always a struggle to talk when they had class discussions. Even though I had something to say, I just wouldn't because I felt as if they would judge me or laugh at me. Now that I am in college I am still shy and I still can't talk in front of a class or a class discussing without getting read or nervous. Little by little, I am trying to overcome my shyness because I feel that I am less shy then I was in high school like right now I don't really pay attention to what others think of me. I want to be able to speak with confidence in all my classes and overcome this. I would write this in APA format just to not forget it. This would be considered my dream piece of writing because I can relate to it and talk about my experience as well as do interviews or gather information on shyness and anxiety and what's it like and how it feels to have it. I want to investigate the reason behind shyness and anxiety in people and how to overcome it because this can help me and many other people with this problem.