

If you ever feel anxious about speaking English, _____.

Do you ever feel scared or worried about speaking English? Perhaps you get sweaty hands or your heart starts beating fast. Those are signs that you might be feeling anxious. People often _____ about speaking in front of classmates, speaking to native speakers, making mistakes and various other things.

Anxiety is very common, but if the worries stop you from speaking, then you might miss opportunities to practise your English. You also can't get much feedback on your speaking from the teacher or other people. Other people miss out on the chance to hear your ideas as well.

It takes time to overcome anxiety about speaking English, but it can be done! Here are some tips.

1. Set yourself a goal

Start small. Set a goal that is a bit challenging but achievable and not too scary. For example:

- Say 'How are you?' to a classmate or an English-speaking friend.
- Ask the teacher one question in your next class.

And here are some more challenging goals.

- Chat with somebody for a few minutes.
- Speak in front of an audience.
- Speak on the phone.

Remember, _____, it's just to do them! Search for opportunities, and if you achieve your goal, that's great! Increase the difficulty of your goals over time.

2. Think positively

_____: *I can do it. I've got this. It will be OK!* Whether you are a beginner or an advanced-level speaker, thinking negatively will limit what you do. Thinking positively will help you to do your best and improve.

3. Face your fears (gently)

If you feel anxious, you may want to avoid speaking. It might be easier to do something totally different, such as reading or grammar exercises. However, avoiding the issue can just make it grow bigger and scarier. Don't wait – start speaking little by little. *It will be OK!*

4. Accept problems and mistakes

_____, and you will definitely have problems and make mistakes along the way. Everybody does! But making a mistake can teach you a lot and help you to improve your skills. Remember that good speakers are not people

who speak perfectly all the time. Instead, good speakers can solve communication problems when they occur.

4. Note your progress

Over days and weeks, experiment with different ways to reduce and cope with anxiety, and keep notes of what works for you and what doesn't. Note down your speaking goals too and tick them as you achieve them, so that you can see your progress and build up positive experiences of speaking.

5. Reward yourself

If you try hard and make progress but your reward is just to do more practice, it might not be very motivating. So, reward yourself with something nice like eating a chocolate, buying a new notebook, taking time off to relax or whatever makes you feel good. Reward yourself when you achieve a goal, overcome a problem, learn something important or do something challenging.

1.Read the text and complete the gaps with the phrases (1-5).

1.the goal is not to do these things perfectly

2.Tell yourself positive things

3.here are some tips to help.

4.Learning a language is not easy

5.feel anxious

2.Answer the questions:

1.Which if the emotions do you feel when you speak English in front of the classmates?

Sadness

Anger

Joy

Embarrassment

Fear

2.Which tips would you like to follow in the English lessons?

3.How do you usually reward yourself when you achieve a goal?