**THE FOX AND THE LION by AESOP**

*A Fox who had never yet seen a Lion, when he fell in with him by a certain chance for the first time in the forest, was so frightened that he was near dying with fear. On his meeting with him for the second time, he was still much alarmed, but not to the same extent as at first. On seeing him the third time, he so increased in boldness that he went up to him, and commenced a familiar conversation with him.*

**LIFE LESSON: Acquaintance softens prejudices.**

Like the Fox, many of us experience a feeling of apprehension or nervousness in a new situation or in the presence of others we are unacquainted with. We are scared of doing or saying what we want to out of fear of being laughed at, humiliated or rejected by our classmates. To our detriment, anxiety or fear that something bad or unpleasant will happen prevents us from making new friends or participating in school activities.

The truth is that we all have fear. What matters is how we face it. You have two choices: Be frightened by it, or face it bravely and boldly. **Bravery** is having fear but confronting it. Being **bold** requires not hesitating or being fearful in the face of actual or possible rebuff (*a rude or ungracious rejection*). Therefore, being brave and bold requires a willingness to do or say what you want to despite the risks of rejection or humiliation.

The formula for success is simple: practice, then more practice. Practicing makes things easier to do because we get good at doing something the more we practice. Without practice, there can be no triumph. In short, practice makes perfect!

Accordingly, instead of avoiding an unpleasant situation, practice being bold. Train yourself to be brave. Do not hesitate! Just do it! The key to mastering fear is to not hesitate. With practice, you will become much more comfortable at taking risks in new social situations. With each experience, whether it is making a new friend, having a difficult conversation with a friend, or expressing your feelings to someone, you will become less afraid of it.

So be bold, face fear without hesitation. Be brave! Take risks! Remember, there is no reward without risk. In life, the doors will be opened to those who are bold enough to knock.