
Describe an occasion when you were scared.

You should say:

When it happened

Where you were

Who you were with

Why you were scared

How you felt about it

The last time I was scared was when I went for an interview for a part-time job. It was my first time in 6 years that I was going to an interview, so I was very nervous.

I was in a large building, in a meeting room. It was a tower like building and was a little intimidating.

I was with two interviewers, a male and a female. The male was the Human Resources manager and the female was the department manager.

I really wanted this job because of its many advantages and I was so scared that I would fail the interview and would not be successful.

I felt very nervous and was so nervous that my voice started to shake and at one point I even felt very uncomfortable, but I was pleased with my overall performance and I left the room more confident than ever. The more I started to speak, the more I tried to relax so that my nerves wouldn't screw up the interview and in the end, I was successful, and I was offered the job.

What should people do when they feel scared?

When some people are scared, they can divert their focus to something else. This keeps them calm so that they do not overreact and scare themselves even more so.

其他观点

Some people choose to engage in a certain activity that distracts them, for example, listening to music, watching a family movie or they could even speak to a friend or family member over the phone.

Why is it easy for some people to be scared?

It is easy for some people to be scared because, simply put, they allow themselves to be. They become easy targets for those who love scaring people and these ones enjoy scaring them.

其他观点

Some people are just naturally nervous and jittery. This means that it is easy for them to be scared because they just cannot deny the fact that this is how they are, and they just cannot do anything about it.

Is it OK to frighten others?

I think it does depend on the person doing that frightening. They need to determine whether this is a practical joke that the person being frightened would enjoy. Many people enjoy being frightened – it gets them excited.

其他观点

I don't think it is good to frighten anybody. We don't know their medical condition or anything and there may be things that are not being put into consideration. I think deliberately frightening someone is dangerous and can lead to serious consequences not only for the person frightening someone but also the person being frightened.

Do children like to scare others?

It definitely depends on the child in question. I think some children do enjoy scaring others – the braver the child is, the more inclined they may be to scare others. There are many celebratory holidays that kids get involved with whereby they enjoy scaring people – including other little ones because they view it as fun!

其他观点

I don't think children like to scare others, especially as some of them may have had a bad experience with this. Someone may have frightened them, so the likelihood of them doing it to someone else is slim – as they may not want someone else to feel the same way.

How do people usually get frightened?

People usually get frightened by watching scary movies or engaging in stimulating activity that tests their fears. Many choose these experiences as a thrill and may view it as a healthy fear to frighten themselves.

其他观点

There are people who get frightened on their own accord. Some people are quite jumpy and can easily be frightened even by their own imaginations, for example, someone who imagines that an intruder has broken into their home. That can frighten someone because they are creating the situation.