**Does the discussion between Crassus and Antonius in Justification for Fear bring you some new thinking about the fear of public speaking, as a speaker and as a listener?**

Good morning everyone, I am 吴晨聪 from the Department of Electrical Engineering. Well, after reading the passage Justification for Fear, I do agree with one of the statements “For the better the orator, the more profoundly is he frightened of the difficulty of speaking”.

I know you might be doubtful about this sentence because what we call an excellent orator should be skillful and confident right? And actually, it is, but I would say feeling nervous and frightened is one of the important steps to being a real successful orator.

So, here comes a question, why will a good orator feel nervous when he is doing something he is good at? From my perspective, it is because they have very high expectations of themselves. It means they **aspire** to have a perfect speaking and can’t accept any mistakes that happen in their speech. **Pause!**

**(Slow down a little here) And I would like to share my own experience to explain this point of view. You all remember the Beijing Winter Olympic Games in 2022 right?** And there was a national speaking competition called the Winter Olympic Reporter. Well, as a naive high school student, I was very confident and I thought was skillful enough to win the only qualification in my city and participate in the training course in Beijing. And Actually, I did become the champion in the speaking competition.

However, when I looked at the certificate, I started to **worry** can I really handle this mission? Will I mess it up and make embarrassment to my city? Because I have expectations of myself, and other people have expectations of me, and **I am afraid I cannot meet their expectations.** I suddenly have a lot of concerns, I doubt. Therefore, I gave up the opportunity to go to Beijing and no longer have enough confidence to speak English in front of other people.

It sounds pity, right? Therefore, I decided to make some changes this semester, so I took this course. And I realized that of course, **we can chase perfection,** but the more important part is that we must learn to accept our **imperfection**, like we can allow there are some mistakes in our speaking like what I am doing now, stuttering, forgetting words. But, that’s fine, you are doing good and no one will blame you.

In conclusion, feeling nervous and frightened is one of the important steps to being an orator. Figuring out and accepting the imperfect can help you connect with the real successful orator.