A : Hi everybody

Welcome to our program . we are the group "learn to speak english"

My name is khai

B :and i’m nhat

Today, we would love to raise our voice about the topic “Beyond the Boundary”

What is your opinion on overcoming your limits?

A: I think Limit is considered a certain threshold that people set for themselves, or maybe life itself sets for us. In other definitions, the limit also means that it is not allowed to violate, can not be crossed. Overcoming your limits will be the path that leads you to your own dreams. You will find other sides of yourself and realize your dreams and create your own life.

What about you, do you have any limits that you have overcome yourself?

A: yes

B : Can you share it for me and everyone to hear?

A: yes

I used to be afraid of water.This limiting belief came from a childhood experience where I was almost drowning . I fell into the lake during went fishing. Although it was saved by someone nearby, it left me with an obsession with water . For a long time I did not dare to go near the lake, even when I went to the beach, I just stood on the shore.

B: So how do you overcome that fear? And what motivates you to overcome it?

A: on a beach trip with my girlfriend and family. When she was swimming with my family, she got cramps and I couldn't do anything, I felt helpless about myself. After that I went to the doctor and asked for help. After a long period of psychological treatment and facing my fear, my hydrophobia gradually decreased and completely disappeared.

B: How do you feel after overcoming it?

A: very good, it helps me to participate in all water activities with my family without worrying about my fear.

A: Thank you for your sharing, hope everyone after listening to your sharing will find the motivation to overcome themselves.

Thank for listening.