used to do sth 过去常常做某事

**I used to be painfully shy.**

**I used to have no confident wahatsoever.(at all)**

**I used to feel that I would never be able to talk to anyone new.**

**If I ever met someone from another country I’d neve have the courage to talk to them.**

**But then I started practicing English every day.**

**It’s strange,but as I improved. I became more confident.**

**I’d now look fro chances to speak to people in English.**

**If someone looked lost at the station,I’d ask them if they needed help.**

**Today,I’m a happier person,and it’s all thanks to English!**