

I was scared of dogs because, when I was younger, a large dog suddenly barked and jumped toward me, catching me off guard. I felt a wave of panic when I saw her dog, a friendly Labrador, run up to greet me. I thought about leaving, but my friend assured me that her dog was gentle and just wanted to say hello. Hesitantly, I stayed, reminding myself to breathe slowly and try not to show my fear. The experience left me feeling that dogs were unpredictable and might attack without warning. I decided I couldn't let my fear get to me it only took me a few steps. First, one day, my friend invited me over, and I didn't know she had a dog until I arrived. She showed me how to let the dog sniff my hand before I pet it and explained how to read the dog's body language. Finally, I realized I was no longer afraid.