

Speech on Fear

ASL or Assessment of Speaking and Listening is an integral part of the CBSE Class IX and X curriculum. It is a part of the continuous and comprehensive evaluation system under CBSE. Students are usually asked to choose a topic they wish to speak on and then prepare a speech on it within a stipulated time period. In this blog, we have curated samples of speech on fear for ASL and public speaking competitions.

Must Read: [Speech on Indian Education System](#)

Speaking Task (2- 3 minutes)

During this task, students are allocated a topic on spot and they must speak on it for 2-3 minutes.

Good morning everyone. My name is Vatsal Sharma, and I am going to present before you a speech on Fear.

So, let's talk about the actual connotation of the word "fear". What is fear? Fear can be defined as a complicated emotion one feels in response to any certain stimuli. Fear might be a response to either an external or an internal stimulus. It might be triggered on the rarest of occasions and under the rarest of circumstances. If we take an example, it might feel like my heart is in my throat, and I lose my ability to focus on anything else without any conscious choice. When fear strikes, you lose control of everything happening around you, and everyone else around you disappears. Fear is generally perceived as a negative emotion. Still, it can also be positive and healthy as it serves as a survival instinct helping humans recognise situations that can be harmful or dangerous.

Speaking Task (5 to 10 minutes)

Good morning to all. My name is Ashita Kumar, and today I will present before you a relevant topic in today's time – a speech on fear. Through this speech, I will try my best to explain this topic.

Fear, the quintessential human emotion, is an unavoidable human emotion that every human experiences at some point. Although the extent or range of fear may vary from person to person, the emotion is the same. This particular emotion is capable of causing psychological changes, which ultimately leads to behavioral changes in a person.

Fear might be a response to either an external or an internal stimulus. It might be triggered on the rarest of occasions and under the rarest of circumstances occurring in the present or an anticipated future threat that is a risk to oneself. The response to fear generally arises through recognising danger, leading to the confrontation of the situation or escaping the fear or avoiding the.

Fear can be classified into two types, innate fears and identity fears. Innate fears are the fears humans are born with, and every individual has on some level. This fear also serves as a kind of survival instinct. Identity fear is the type of fear that humans develop with age.

Any speech on fear is incomplete without the physical effects it has on our bodies. Although fear is an emotion experienced in mind, it triggers a strong physical reaction in one's body. As soon as one's body recognizes fear, the brain starts working, alerting the nervous system, which sets the body's response to fear into motion. As a result of fear, the human brain releases stress hormones like cortisol and adrenaline, which increases blood pressure, and adrenaline. As a result, one may start breathing faster, and the direction of blood flow in the body changes – blood flows away from the heart into the limbs.

Thank you for listening. I hope this speech was insightful and informative.

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With this, we come to the end of our blog on Speech on Fear. If you are studying for your exams and need quick notes for revision, check out other study blogs on **Leverage Edu** and subscribe to our newsletter to get regular updates. Follow us on **Facebook**, **Instagram** and **LinkedIn**.