

Douglas Struggles to Overcome His Fear

Douglas tried several times to overcome his fear but was unable to get rid of it. Finally, he hired an instructor to teach him swimming. He practiced for an hour each day, five days a week. William describes the learning process. The instructor put a belt around William's waist, attached to a thick rope. The rope went through an overhead pulley and was held by the instructor. It ensured that in case William drowned, the instructor would pull him out. The instructor taught him to breathe in the water. He taught him to put his face under the water and exhale his breathe. He taught him to raise his nose out of the water and inhale. The instructor also taught William to kick the water surface with his leg. William practiced for several weeks. After three months of practice William got comfortable, he got rid of the panic that paralyzed him under the water.

Douglas Becomes a Perfect Swimmer

The instructor made Douglas practice hard for months and finally Douglas became confident in swimming. The instructor made Douglas dive into the pool and swim the length of the pool without any help. Finally, Douglas's practice came to an end. The instructor had done his job but Douglas was still not satisfied, he was still afraid of swimming alone. He decided to face his fear and began to swim alone in pool, further he tried to swim in lake and continuing his journey towards perfection he swam larger water bodies. Douglas became more and more confident and overcame his fear.

Douglas Experienced Death and the Fear of Death

Douglas had experienced death and the fear of death. This experience had a great importance in his life. He realized that death was peaceful and only the fear of death was fearful. Because of his experience he was able to face his fear, fight against it confidently and overcome out of it.

Important Questions – Answers (Short Answer Type)

Q1) How was Douglas affected by the incident at the Y.M.C.A. pool?

Ans- When Douglas was of ten, he enrolled himself to Y.M.C.A. in order to learn swimming. Once he was thrown into the deep end of the pool by an elder boy. He struggled for his life under the water. He was rescued but the fear of death left a deep impression on his mind. Whenever he went near water he felt as if the fear of water had paralyzed him. He was so scared of water that he began to avoid all the water associated activities.

Q2) Describe the struggle of Douglas when he was sinking in the water of pool at Y.M.C.A.?

Ans- When Douglas was sinking in the water, he tried to make a jump to the surface of water. He attempted thrice to reach the surface but he failed. He began to suffocate and got nervous, he tried to shout for help, but no voice came out. He was trying to grab something in order to come out of water. His nose and mouth were filled with water. He had a strong feeling of unease as if