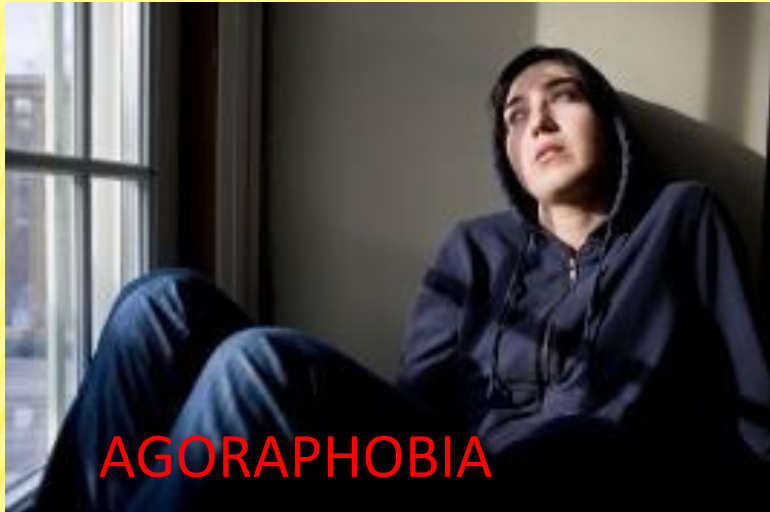


Урок английского языка к учебнику  
Spotlight-9

Module 7 «Staying  
safe»: Fears and  
Phobias





AGORAPHOBIA



CLAUSTROPHOBIA



ARACHNOPHOBIA



ABLUTOPHOBIA



# WHAT FEELING IS IT ?



SADNESS/DEPRESSIO

N



ANGER

EMBARRASSME



NT

HAPPINES



S

NERVOUSNESS



JEALOUSY





**Fear** — a basic human emotion — helps alert us to danger — brain sends signals to nervous system — body reacts, e.g. sweating, shaking, heart beats faster — more blood to muscles — prepares us for ‘fight or flight’

**Phobias** — extreme fears — can develop as the result of a scary experience, e.g. a dog bite when young — brain ‘remembers’ the experience — now afraid when seeing any dog

**How to overcome phobias** — don’t avoid scary situations — make a list of your fears start with the least serious — deal with them one at a time — come to realize they can be overcome

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