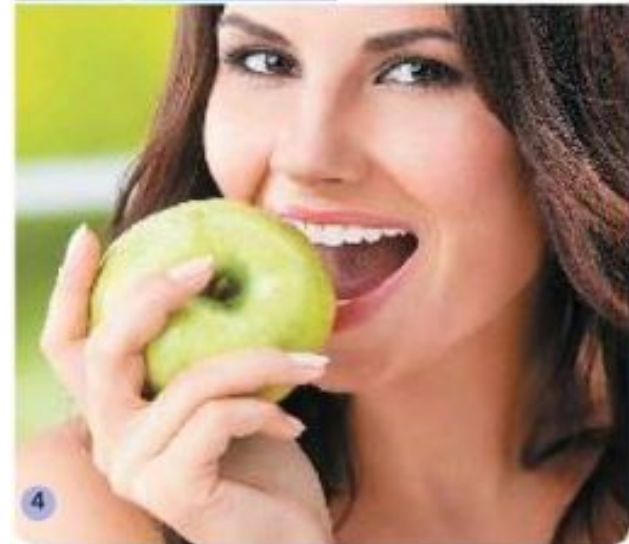


Module 7

- Fears and phobias
- Emergencies
- Healthy habits
- Dangerous wild animals
- Personal safety and risk



Fears and phobias



Look at the pictures Which of them make you:

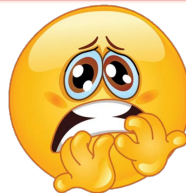
snakes



Snakes make me freeze.



run away



shake like a leaf



sweat



freeze



scream

flying



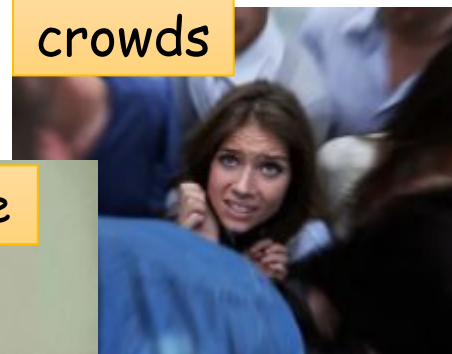
height



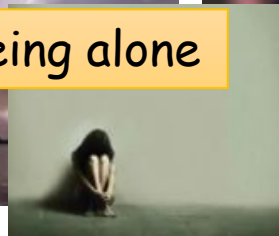
thunderstorm



crowds



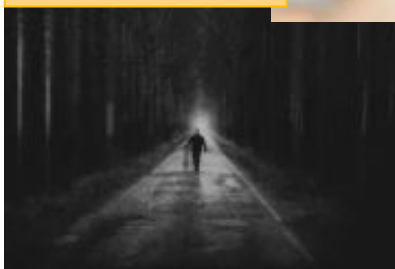
being alone



injections



darkness



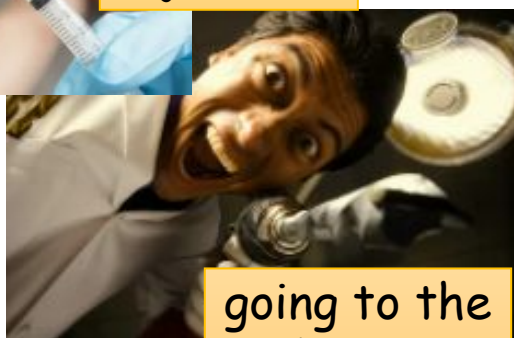
spiders



bees & wasps



going to the dentist



Before reading learn the new words.

сильно нервничать

сбиваться

смущать

выглядеть
несчастливым

перебороть страхи

отчитывать

мгновенно

исчезать

избегать

качать (о
жидкости)

сильно разозлиться

вызывать ч-л

потеть

дразнить

вызывать ч-л

подкоситься

позеленеть от
зависти

быть безмерно
счастливым

быть напуганным
до смерти

хмуриться

краснеть (от стыда)

Read the title and the first sentence of each paragraph of the text.
What do you expect to read about? Read and check.

Fear & Phobias

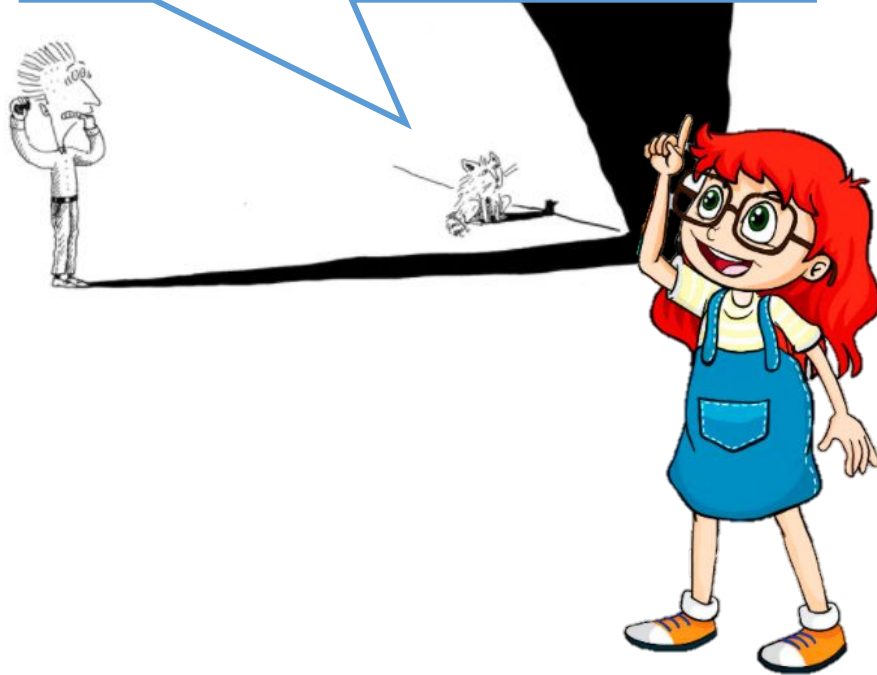
"Come on, get in quickly!" your friend shouts from inside the lift that should take you up to the top floor of the department store.

If this sounds like you, or perhaps heights turn your legs to jelly, you scream loudly if you see even the tiniest spider in the bath or you shake like a leaf if you have to answer a question in class, you're not alone!

Needless to say, fear is not always a good thing!

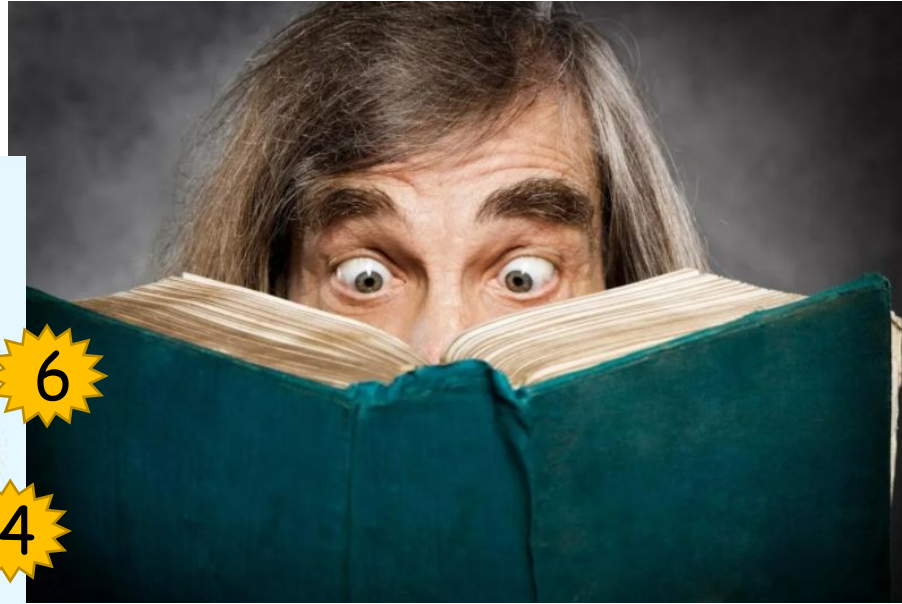
Between 5 and 10% of the population have phobias but there are ways to fight our fears.

I expect to read about the different fears and phobias that people have, and what can be done to overcome them.



Between 5 and 10% of the population have phobias but there are ways to fight our fears. First of all, it's important to stop avoiding the scary situation. It may help to make a list of fears from the least to the most scary 5) This will not be easy, but when we see that our worst fears didn't come true, we will realise that they are irrational and there is no real reason to be afraid. Then, we will change how we respond to them 6) enclosed spaces like lifts or tunnels), arachnophobia (fear of spiders) or even something unusual like ablutophobia (fear of washing) are extremely afraid of something. This may have developed after a very scary experience. A teenager who was bitten by a dog as a young child, for example, may now be too afraid to walk to school with his friend in case he sees a dog. This is because his brain has 'remembered' the fear that he felt when the dog bit him, 4) This may embarrass him, cause him to miss out on spending time with his friends or even to be teased by them.

h the phrases A-G. there is one e.



6

4

Text 1

Text 2

Text 3

Match the highlighted words/phrases with their synonyms below.

cause sth to start

make sb feel
shy/ashamed

shout

not logical

disappear

laughed at

sets off

teased

melt away

triggers

activate

yell

embarrass

irrational

