

# FEARS AND PHOBIAS\_ TEACHERS

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Quiz Questions:

**1. What is a phobia?**

- a) A common form of anxiety disorder
- b) An irrational fear that interferes with daily life
- c) A fear of specific things or situations
- d) All of the above

**2. Which of the following is NOT mentioned as a common phobia?**

- a) Fear of animals
- b) Fear of darkness
- c) Fear of clowns
- d) Fear of heights

**3. How do phobias affect people?**

- a) They can cause physical symptoms such as increased heart rate and sweating
- b) They can lead to avoidance of certain situations or things
- c) They can result in panic attacks
- d) All of the above

**4. What are some possible causes of phobias?**

- a) Growing up with a parent who has a phobia
- b) Traumatic past events, especially during childhood
- c) Genetic predisposition
- d) Only a and b are correct

Answer Key:

- 1. d) All of the above
- 2. d) Fear of heights
- 3. d) All of the above
- 4. d) Only a and b are correct

## BLIND CLOZE

Interviewer: So what exactly is a phobia?

Expert: Well, nearly everyone fears something, but when the fear becomes exaggerated and irrational, it's a phobia, which is the most common form of disorder. There are many types of what are known as specific or simple phobias. Common phobias include a fear of animals, particularly spiders, a fear of darkness or nyctophobia, or perhaps a fear of clowns, flying or a fear of public speaking. Now, you may not be keen on some of these things I've just mentioned, but most of us find a way to cope the situation and don't let it interfere with our daily lives. However, if you have a phobia of one of these things, you may suffer from symptoms such as an increased heart rate, excessive sweating or even a panic attack. You might end going to extreme lengths to change your daily life so as not to come into contact with the thing or situation that causes your phobia. For example, imagine a friend of yours has a pet tarantula. If you're not a huge fan of spiders you may not enjoy spending time in his house, but most of us would put with it. However, if you are an arachnophobia sufferer, you would probably refuse to visit him at home altogether. So you can see how phobias can have a real impact on our social relationships.

Interviewer: And why do people suffer from phobias?

Expert: Well, there are a couple of causes. If a child grows up with a parent who suffers from a phobia, the child is far more likely to develop the same irrational fear. Also, many phobias are actually by a traumatic past event, often during childhood. So, perhaps an encounter with a vicious dog or falling into a swimming pool and nearly drowning as a child could develop into cynophobia, a fear of dogs, or aquaphobia, a fear of water.

## BLIND CLOZE\_ TEACHERS

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Expert: Well, nearly everyone fears something, but when the fear becomes exaggerated and irrational, it's a phobia, which is the most common form of **anxiety** disorder. There are many types of what are known as specific or simple phobias. Common phobias include a fear of animals, particularly spiders, a fear of darkness or nyctophobia, or perhaps a fear of clowns, flying or a fear of public speaking. Now, you may not be keen on some of these things I've just mentioned, but most of us find a way to cope **with** the situation and don't let it interfere with our daily lives. However, if you have a phobia of one of these things, you may suffer from symptoms such as an increased heart rate, **dizziness**, excessive sweating or even a panic attack. You might end **up** going to extreme lengths to change your daily life so as not to come into contact with the thing or situation that causes your phobia. For example, imagine a friend of yours has a pet tarantula. If you're not a huge fan of spiders you may not enjoy spending time in his house, but most of us would put **up** with it. However, if you are an arachnophobia sufferer, you would probably refuse to visit him at home altogether. So you can see how phobias can have a real impact on our social relationships.

Interviewer: And why do people suffer from phobias?

Expert: Well, there are a couple of causes. If a child grows up with a parent who suffers from a phobia, the child is far more likely to develop the same irrational fear. Also, many phobias are actually **triggered** by a traumatic past event, often during childhood. So, perhaps an encounter

with a vicious dog or falling into a swimming pool and nearly drowning as a child could **feasibly** develop into cynophobia, a fear of dogs, or aquaphobia, a fear of water.

### **COLLOCATIONS**

1. a fear of animals/darkness
2. fear of darkness
3. to cope with the situation
4. to not let it interfere with our daily lives
5. to have a phobia of something

1. Do you have any phobias or fears?
1. Have you ever had to cope with a difficult situation?
2. How do you deal with your fears?
3. Have you ever gone to extreme lengths to avoid something you're afraid of?
4. Can you share a story about how you overcame a fear or phobia?

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