

NAME: _____

DATE: _____

Test-Taking Skills Booster**Unit 7****READING COMPLETION**

Read the selection. Choose the word or phrase that best completes each statement.

Coping with Phobias

According to recent research, one in ten people worldwide has some kind of phobia or overwhelming (1) And even though phobias are (2) , they are much more severe than the common garden-variety fear. But in what way?

For one thing, while most people can (3) with most normal fears, a full-blown phobia is something people can't just put out of their mind. (4) , phobics don't have much control over their phobias. As a result, they suffer from unpleasant physical and mental (5) when confronted with what they fear. Such symptoms are similar to ones people experience when faced with real physical (6) (7) , their heartbeat gets rapid, their throat goes dry, and their sweating increases. These unpleasant physical symptoms are intended to prepare people to (8) harm in the face of real danger. However, the phobic, who isn't in any real physical danger, reacts in the same way. (9) , phobics will go to great lengths to avoid what they fear and these extremely unpleasant physical responses. (10) , there is hope for people with phobias despite their severity. In "cognitive behavioral therapy," or CBT, phobics are repeatedly (11) to what causes the fear, which desensitizes them to it because nothing bad happens. If CBT doesn't work, "counter-conditioning" can teach patients to substitute a physical relaxation response when in the presence of what (12) them. In summary, there is hope for phobics who get (13) The success rate of therapy is excellent.

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|-------------------------|-------------------------|---------------------|-------------------|
| 1. A danger | B anxiety | C relaxation | D need |
| 2. A talents | B harmful | C fears | D certain |
| 3. A appreciate | B come down | C cope | D notice |
| 4. A Fortunately | B In other words | C Similarly | D Even so |
| 5. A symptoms | B fears | C benefits | D emotions |
| 6. A relief | B pleasure | C danger | D symptoms |
| 7. A Even so | B For example | C However | D Moreover |

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|-------------------|-----------|-----------------|----------------|
| 8. A undergo | B avoid | C cause | D receive |
| 9. A However | B Because | C In contrast | D Consequently |
| 10. A For example | B While | C Unfortunately | D Fortunately |
| 11. A exposed | B allowed | C reduced | D increased |
| 12. A relaxes | B helps | C angers | D frightens |
| 13. A success | B failure | C treatment | D ready |

LISTENING COMPLETION

You will hear a conversation. Read the paragraph below. Then listen and complete each statement with the word or short phrase you hear in the conversation. Listen a second time to check your work.

When Vicky asks her colleague Tom if he has a minute to talk about something, he asks Vicky what's on her (1) She tells him that she has the distinct (2) that some of her colleagues are talking about her or keeping some kind of (3) from her. When Tom asks why she thinks that, she explains that the minute that they (4) she's entered the room, they quickly stop talking. She concludes that they must be talking behind her (5) Tom replies that if he were in her shoes, he wouldn't automatically (6) that. He acknowledges that they might not want her to hear what they're talking about, but adds that there might be an (7) explanation. And he suggests the possibility that they might just be (8) – maybe about him. So his advice is that she not jump to any (9) At that point, Tom receives a call from one of their colleagues and tells that person that the cat's out of the bag. It turns out that he and the other colleagues were planning a (10) birthday celebration for Vicky.