**Words 1**

Read and match.

|  |
| --- |
| interpret reflex store distracted frozen tame |

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| --- | --- | --- | --- |
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**Words 2**

Read and complete.

|  |
| --- |
| alert instantly trigger numb adrenaline deliberate  threat rapid rehearse respond |

1.  It was so cold that my fingers were completely \_\_\_\_\_\_\_\_\_\_ .

2.  Sudden danger can \_\_\_\_\_\_\_\_\_\_ feelings of fear.

3.  A cup of hot chocolate on a cold day \_\_\_\_\_\_\_\_\_\_ makes you feel better.

4.  Running away is one way to \_\_\_\_\_\_\_\_\_\_ to danger.

5.  In dangerous situations, the human body produces \_\_\_\_\_\_\_\_\_\_ .

6.  It wasn’t a \_\_\_\_\_\_\_\_\_\_ action – it was an accident.

7.  Adrenaline helps us to stay \_\_\_\_\_\_\_\_\_\_ in the face of danger.

8.  Some wild animals will attack you if they think you are a \_\_\_\_\_\_\_\_\_\_ to their young.

9.  Firefighters \_\_\_\_\_\_\_\_\_\_ what to do in a dangerous situation so that they will feel calm.

10.  A \_\_\_\_\_\_\_\_\_\_ heart rate helps to get you ready for action.

**Read 1**

Read and choose.

|  |
| --- |
| What are you afraid of? The dark? Snakes? Spiders? If you are, you aren’t alone. Many people are scared of something, and sometimes, this fear is so extreme, it can change a person’s behavior. This is called a phobia – a very strong fear or dislike that you can’t explain.  Think of the dentist – some people are so scared of visiting the dentist that they will avoid going, even if they develop bad teeth. Obviously, it’s more sensible to go regularly, so problems don’t build up, but someone with a phobia doesn’t think this way. It’s often very hard to distract them from their fear, and a simple visit seems impossible.  What about spiders? How do you respond if you find a big spider in your bedroom, or inside your shoe? Do you move it, or do you jump back in fear? For some people, spiders trigger such a strong fear that they can’t be in the same room as one – even though in reality, most spiders are small and harmless.  Snakes? Even a photo of a snake in a book can make some people instantly shudder and look away. Their breathing can become rapid, or their body can feel numb and frozen with fear.  You might think these reactions are the result of individual experience. Perhaps if a person hadn’t had a bad experience with spiders in the past, he or she wouldn’t have a phobia about them now. However, this isn’t always true. Often a person doesn’t know why they are scared of a particular thing. If you asked them to explain it, they wouldn’t be able to – it’s a response, not a conscious decision.  That’s why it’s important to try to be patient with people who have phobias. It might seem strange, but it’s a reflex action, not a deliberate one – there’s usually very little that he or she can do about it. |

1. Many people with phobias are scared of being alone.
   * True
   * False
2. Most people with phobias have good reasons for them.
   * True
   * False
3. People who are afraid of the dentist often have bad teeth.
   * True
   * False
4. It is easy to understand why people are afraid of spiders.
   * True
   * False
5. Phobias are usually based on past bad experiences.
   * True
   * False
6. People with phobias often have difficulty making deliberate decisions.
   * True
   * False

**Read 2**

Read and choose.

|  |
| --- |
| What are you afraid of? The dark? Snakes? Spiders? If you are, you aren’t alone. Many people are scared of something, and sometimes, this fear is so **extreme**, it can change a person’s behavior. This is called a phobia – a very strong fear or dislike that you can’t explain.  Think of the dentist – some people are so scared of visiting the dentist that they will avoid going, even if they develop bad teeth. Obviously, it’s more **sensible** to go regularly, so problems don’t **build up**, but someone with a phobia doesn’t think this way. It’s often very hard to distract them from their fear, and a simple visit seems impossible.  What about spiders? How do you respond if you find a big spider in your bedroom, or inside your shoe? Do you move it, or do you jump back in fear? For some people, spiders trigger such a strong fear that they can’t be in the same room as one – even though in reality, most spiders are small and **harmless**.  Snakes? Even a photo of a snake in a book can make some people instantly **shudder** and look away. Their breathing can become rapid, or their body can feel **numb** and frozen with fear.  You might think these reactions are the result of individual experience. Perhaps if a person hadn’t had a bad experience with spiders in the past, he or she wouldn’t have a phobia about them now. However, this isn’t always true. Often a person doesn’t know why they are scared of a particular thing. If you asked them to explain it, they wouldn’t be able to – it’s a response, not a conscious decision.  That’s why it’s important to try to be patient with people who have phobias. It might seem strange, but it’s a reflex action, not a deliberate one – there’s usually very little that he or she can do about it. |

1. extreme
   * serious
   * dangerous
2. sensible
   * thoughtful
   * wise
3. build up
   * develop
   * appear
4. harmless
   * safe
   * dangerous
5. shudder
   * shake
   * gasp
6. numb
   * painful
   * without feeling

**Read 3**

Read and complete.

|  |
| --- |
| What are you afraid of? The dark? Snakes? Spiders? If you are, you aren’t alone. Many people are scared of something, and sometimes this fear is so extreme, it can change a person’s behavior. This is called a phobia – a very strong fear or dislike that you can’t explain.  Think of the dentist – some people are so scared of visiting the dentist that they will avoid going, even if they develop bad teeth. Obviously, it’s more sensible to go regularly, so problems don’t build up, but someone with a phobia doesn’t think this way. It’s often very hard to distract them from their fear, and a simple visit seems impossible.  What about spiders? How do you respond if you find a big spider in your bedroom, or inside your shoe? Do you move it, or do you jump back in fear? For some people, spiders trigger such a strong fear that they can’t be in the same room as one – even though in reality, most spiders are small and harmless.  Snakes? Even a photo of a snake in a book can make some people instantly shudder and look away. Their breathing can become rapid, or their body can feel numb and frozen with fear.  You might think these reactions are the result of individual experience. Perhaps if a person hadn’t had a bad experience with spiders in the past, he or she wouldn’t have a phobia about them now. However, this isn’t always true. Often a person doesn’t know why they are scared of a particular thing. If you asked them to explain it, they wouldn’t be able to – it’s a response, not a conscious decision.  That’s why it’s important to try to be patient with people who have phobias. It might seem strange, but it’s a reflex action, not a deliberate one – there’s usually very little that he or she can do about it. |

|  |
| --- |
| rationally behavior snakes difficult room kind  experiences prefer strong |

A phobia is a \_\_\_\_\_\_\_\_\_\_\_ fear or dislike of something. It can sometimes cause strange \_\_\_\_\_\_\_\_\_\_\_ . Some examples of common phobias are dentists, spiders, and \_\_\_\_\_\_\_\_\_\_\_ . It is very difficult to persuade someone with a phobia to act \_\_\_\_\_\_\_\_\_\_\_ . Some people \_\_\_\_\_\_\_\_\_\_\_ to have bad teeth instead of visiting a dentist. People who hate spiders have to run out of the \_\_\_\_\_\_\_\_\_\_\_ when they see one. Phobias are not always based on past \_\_\_\_\_\_\_\_\_\_\_ . They are \_\_\_\_\_\_\_\_\_\_\_ to understand and we should be \_\_\_\_\_\_\_\_\_\_\_ to people who have them.

**Grammar in Use 1**

Read and match.

|  |
| --- |
| would have passed the exam. hadn’t stopped to eat lunch on the way.  had been sunny. wouldn’t have had a stomachache.  wouldn’t have overslept this morning. would have bought a new coat. |

|  |  |
| --- | --- |
| 1. If I hadn’t spent all my money, I |  |
| 2. If you hadn’t eaten all that ice cream, you |  |
| 3. If Robert had studied more, he |  |
| 4. If Sally had gone to bed earlier, she |  |
| 5. They wouldn’t have been late if they |  |
| 6. We would have gone to the beach if it |  |

**Grammar in Use 2**

Read and choose.

1.  If we hadn’t / wouldn’t gone to the zoo, we would / wouldn’t have seen the kangaroos.

2.  If Jenny hadn’t studied / study Spanish, she wouldn’t / hadn’t have gone to Spain.

3.  We hadn’t / wouldn’t have climbed the mountain if we had know / known about the storm.

4.  I would have meet / met you at the station if you had / hadn’t told me the time of your train.

5.  Phil would / wouldn’t have gone into the jungle if he hadn’t been / be afraid of snakes.

6.  If they hadn’t wear / worn life jackets, they wouldn’t / would have drowned.

**Grammar in Use 3**

Correct the errors. Select the incorrect text, and type.

**1.** What would you have do if you wouldn't gone to university?  
If I wouldn't have  gone to university, I would have became a musician.  
  
**2.** Where would you have travel if you had have more money?  
I would travel around the world if I would have more money.  
  
**3.** If you had travel around the world, would you have write a book?  
Yes, I did have written a book and become rich and famous.  
  
**4.** If you had become rich and famous, what would you have did with your money?  
I would have buy an island and invited all my friends to live there!

**Grammar in Use 4**

Read and choose.

1. If Jack hadn’t found the secret map, he wouldn’t have discovered the cave. Did he find a secret cave?
   * Yes
   * No
2. If he had been afraid of the dark, he wouldn’t have gone into the cave. Was he afraid of the dark?
   * Yes
   * No
3. If he hadn’t gone into the cave, he wouldn’t have found the diamonds. Did he find the diamonds?
   * Yes
   * No
4. If he had kept the diamonds, he would have become a millionaire. Did he keep the diamonds?
   * Yes
   * No
5. If he hadn’t given the diamonds to the villagers, they wouldn’t have built a new school and hospital. Did the villagers build a new hospital?
   * Yes
   * No

**Listening**

Listen, read, and choose.

|  |  |
| --- | --- |
| 1. Petra and her mom are both scared of spiders.    * True    * False 2. Petra doesn’t like spiders because they are quiet.    * True    * False 3. Dan often goes to the top of tall buildings.    * True    * False 4. He once went to the 96th floor of the Empire State Building.    * True    * False 5. Joe was afraid of the dark when he was young.    * True    * False 6. He imagined strange things around him in the dark.    * True    * False |  |

**Speaking**

Listen, record Part A or B, then check.

|  |  |
| --- | --- |
| A:I’m scared of flying.  B:You should try taking a short flight.  A:I have, but it was terrifying! The plane was so small.  B:Have you tried reading about it?  A:Well, yes. That did help a little. I know it’s actually very safe.  B:Another solution might be to pretend you’re on a bus. |  |

**Word Study**

Listen and write

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**Writing Study**

Read and choose.

1.  You should visit the dentist regularly even if / unless you are afraid.

2.  You’ll feel less nervous if / unless you breathe deeply.

3.  You should press the alarm unless / only if there is a real emergency.

4.  We don’t usually go sailing unless / only if the sea is calm.

5.  You should answer every question even if / if you’re not sure of the answer.