

Fears & Phobias



**Learn
these words:**

| | |
|-------------------|---------------------|
| instantly | мгновенно |
| come true | зд. сбыться |
| department store | универмаг |
| melt away | исчезать |
| embarrass | смущать |
| enclosed | закрытый |
| fight one's fears | перебороть страхи |
| freeze | замереть, застыть |
| human emotion | человеческая эмоция |
| injection | укол, инъекция |
| miss out on | зд. избегать |

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Common fears

Heights

Thunderstorms

The dark

Spiders

Bees, wasps & snakes

Flying

Going to the dentist

Needles (injections)

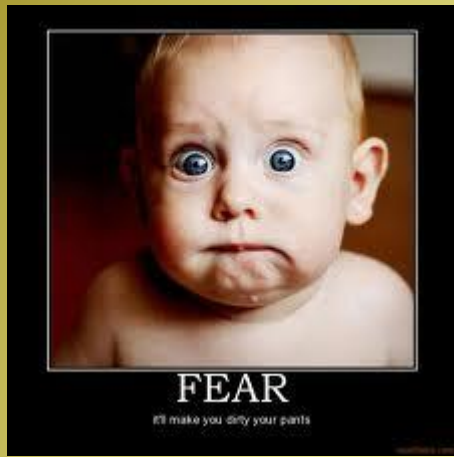
Being alone

Taking exams

Making public speech



- Open your books p.107 read the text, then do ex.6p.106



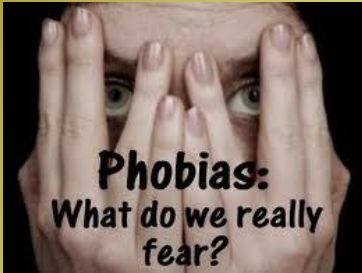
What is Fear?

Fear is one of the most basic human emotions. We need it to survive.

Fear helps protect us. It can be like a warning, a signal for us to be careful.

The brain reacts instantly on danger, sending signals that activate the nervous system.

Blood pumps to muscle groups to prepare the body for physical reaction – ***Fight or flight***

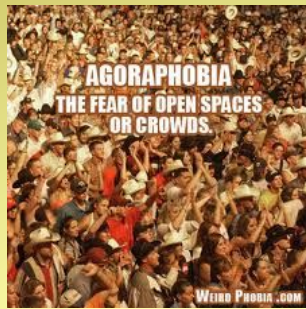


What is a phobia?

A phobia is an intense fear reaction to a particular thing or situation.

Some phobias develop when someone has a scary experience and every time a strong fear reaction is triggered.

Having a phobia isn't a sign of weakness or immaturity. It's a response of the brain In an attempt to protect the person.



• Fears and Phobias

- Agoraphobia
- Claustrophobia
- Acrophobia
- Mysophobia
- Xenophobia
- Arachnophobia
- Aviophobia
- Brontophobia



Agoraphobia



Agoraphobia is a fear of being in crowded places or open spaces



Claustrophobia



Claustrophobia is a fear of being in enclosed spaces



Aviophobia



Aviophobia is a fear of flying



Acrophobia



Brontophobia





Arachnophobia

Arachnophobia is
a fear of spiders



Learn these idioms.

| | |
|--|----------------------------------|
| be green with envy | позеленеть от зависти |
| be over the moon | быть безмерно счастливым |
| be scared to death | быть напуганным до смерти |
| go bright red | краснеть (от стыда) |
| go through the roof | сильно разозлиться |
| have a long face | выглядеть несчастным |
| have butterflies in one's stomach | сильно нервничать |

Overcoming phobias



People can learn to overcome phobias by gradually facing the fears .

As somebody gets used to a feared object or situation, the brain adjusts how it responds and the phobia is overcome.

Today at the lesson....

- I've learnt.....
- I've understood that...
- It's been interesting to know....
- I've been impressed by the fact that....
- It's been difficult to...



- P.64 ex 1-4 (WB)
- Write a story about your fears and phobias (100-120 words) in your copybooks
- Презентация и задания рассчитаны на 2 урока