

What are you scared of?

Warm up:

- What are some common fears or phobias that people have?
- What are you scared of?
- Do you know anyone with an unusual phobia?
- Do you like horror movies? What's the scariest movie you have ever seen?
- What were you afraid of as a child?
- When was the last time you were scared?
- Do you think it is possible to "get over" a fear or phobia?



1. Match the pictures below to the words in the box

clowns

spiders

heights (sky diving)

sharks

needles

public speaking





2. How do you feel about the subjects in exercise 1? Use the sentences below to describe how you feel about them and any other subjects you can think of.

- a) I am terrified of
- b) I'm not afraid of
- c) make me nervous
- d) I can't stand
- e) I'm a little bit scared of

Adjectives about Fear

Very often there are adjectives that describe how we feel, and adjectives that describe the thing that makes us feel that way.

Eg. "I am so scared (scared = how I feel). This house is so scary" (scary = the thing that makes me feel scared).



3. Put the adjectives in the box below in the correct category

scared	spooky	frightened	scary	terrifying
afraid	terrified	frightening	creepy	nervous

I feel...	This is
<i>scared</i> <i>afraid</i> <i>terrified</i> <i>frightened</i> <i>nervous</i>	<i>scary</i> <i>creepy</i> <i>terrified</i> <i>frightening</i> <i>spooky</i>



4. Read the story below and choose the correct form of each word.

A few years ago I was riding my bike home from work on a quiet street late at night when I saw something very *spooky* / *spooked* / *spooking*. There was a woman riding a bike ahead of me who looked a little bit *creeped* / *creeping* / *creepy*. She was wearing a hood so I couldn't see her face, but I could see that underneath the arm of her sweater, something was moving. I was a little bit *scared* / *scary* / *scaring* because it was late at night, but I was also very curious. What was moving underneath her sweater?? I started to ride past her, and as I did I saw a snake come out of the sleeve of her sweater! I'm *terrifying* / *terrified* / *terrific* of snakes, and so I almost fell off my bike! The woman heard me shout, and she smiled at me and said "don't worry, he's just a pet!" Who the hell rides a bike at midnight with a pet snake in their sweater?! I panicked, and rode away as fast as I could without saying a word. Honestly it was so *frighty* / *frightened* / *frightening*. I stopped riding my bike to work.



? Have you ever been in a spooky situation like the one in the story?

5. Listen to the 3 people discussing their fears and answer the questions below.

Lauren

- Where does Lauren think her fear of dogs comes from? *Her neighbour's dog killed her pet chicken when she was a kid*
- What type of dog is Lauren ok with? *Small dogs*
- What does Lauren do when she sees a dog? *She counts to twenty in her head*
- What did Lauren's aunt do to try to help her get over her fear of dogs? Do you think that was a good idea? *She bought her a dog for her birthday*

Kirstie

- What is Kirstie scared of? *Her Spanish teacher*
- Why did Kirstie's teacher shout at her classmate? *Because she asked him to explain something*
- Why does Kirstie need to learn Spanish? *She is moving to Spain*
- What does Kirstie worry about? *Everything*

Tommy

- a) Why is being scared of crowds a particularly big problem for Tommy? *Because he is a big music fan and wants to go to concerts.*
- b) What happened when Tommy went to the concert of his favourite band? *He started to panic after 20 minutes and had to leave*
- c) What is Tommy doing to overcome his fear of crowds? *He is going to a therapist and he stands in crowded places like football games once a week.*
- d) What helps Tommy relax in a crowd? *Listening to music*



6. Think of a fear that you or a person you know has and write a description. You should say what you are scared of, why you are scared of it, and when was the last time you saw or experienced this thing.

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Audio Transcript

Lauren: I am terrified of dogs. When I was a kid, my neighbour had a very scary dog, it was big and angry and always barking at us. One day the dog came into our garden and killed our pet chicken, and I think that's why I'm scared of dogs. Smaller dogs like are ok, but I still don't like them very much. It's quite hard being scared of dogs, because there are a lot of dogs in the city I live in, but when I see one I try to stay calm and slowly count to 20 in my head. It usually works. A lot of people love dogs, and some people tell me I should "get over" my fear of dogs, because they think dogs are cute. Once my aunt bought me a puppy as a birthday present because she thought it would help me get over my fear. It didn't help at all, I kept him for about a week but then I gave him to a friend. To be honest I was very angry at my aunt for that.

Kirstie: I know this sounds silly, but I'm really afraid of asking my Spanish teacher questions. He gets really angry if we don't understand something, so most of the time I just pretend to understand even though I don't. Last week we listened to a Spanish song, and a girl in my class didn't understand and asked him to explain, and he got really angry and started shouting in Spanish! Honestly I have no idea what he was saying, but it sounded really scary. The only reason I am still in the class is that I really need to learn Spanish. I am moving to Spain in a few months, and I'm scared that when I get there, nobody will understand me and I won't understand them. But my friend told me that once I am living there my Spanish will improve very quickly, so I shouldn't worry so much. But I can't help it, I'm the type of person who worries about everything!

Tommy: I have a phobia of crowds, big groups of people just make me nervous for some reason. It's a really big problem too, because I'm a big music fan and I want to go to lots of concerts, but I just can't stand being around that many people. A few months ago I went to the concert of my favourite band, the Red Hot Chili Peppers, but there were so many people I could hardly move. It was like a nightmare. After 20 minutes I started to panic, I felt like I couldn't breathe, and I had to leave. I have started going to a therapist to help me get over this fear, and she says I need to stand in a crowded place for one hour once a week, so now every week I go to a football game or a festival, anything that is crowded really. But I listen to relaxing music while I do it, I find that really helps to calm me down while I'm in a crowd.