

Date: _____

Name: _____

Course: _____

FEARS

1. Look at the photos and complete the sentences with the corresponding fear.

a) I'm afraid of _____



b) I'm afraid of _____



c) I'm afraid of _____



2. Read the text and write TRUE or FALSE

- 30% of people have some kind of phobia. ____
- Doctors have created a new drug to cure phobias. ____
- In exposure therapy people learn to relax when they are exposed to something they are afraid of. ____
- Exposure therapy is always successful. ____
- The drug affects the way people learn and remember things. ____
- The study showed that the drug helped people to lose their fear. ____



Scared of spiders? Take this pill.

There are many different kinds of phobias and they **affect** at least a quarter of the population. But doctors believe that they may soon have a **cure**. They have discovered that a drug, which is given to patients suffering from tuberculosis, can also help people to **overcome** their phobias.

The normal treatment for people with strong phobias is some kind of **exposure therapy**. The most commonly used exposure therapy involves gradually exposing people to the object or situation that produces the fear. For example, if you have a dentist phobia, you might first sit in the waiting room of a dentist, then talk to the dentist, and then sit in the dentist's chair. These exposures are combined with relaxation techniques.

However, exposure therapy **does not work** for everybody, and doctors think that the new drug, which causes changes to a part of the brain which is used in learning and memory, could be used in the future to make this therapy more **effective**. Michael Davis at Emory University School of Medicine in Atlanta, Georgia did a study with 30 acrophobics – people who are scared of heights – and put them in a glass lift that appeared to go up and down. The people who were given the pill felt much less afraid than those who took a **placebo**.

Adapted from a British newspaper