

# Phobias Worksheet for Grade 9

**Theme:** Understanding Phobias

**Name:** \_\_\_\_\_

**Surname:** \_\_\_\_\_

## Part 1. Pre-Class Study:

Before completing this worksheet, please study the following video:

<https://rutube.ru/video/975debbb7d066ff237e1af9a29ebc37b/?r=wd>

## Part 2: Worksheet Tasks

### Task 1: Open-Ended Questions

1. What is a phobia, and how does it differ from regular fear?

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2. According to the video, what are some common causes of phobias?

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### Task 2: Short Answer

1. Name three types of phobias mentioned in the video.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

2. What is the term for the fear of open spaces?

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### Task 3: Drag and Drop (Fill in the Blanks)

Complete the sentences by dragging the correct words into the blanks.

anxiety   irrational   treatment   exposure   avoidance

- 1. A phobia is an \_\_\_\_\_ fear of a specific object or situation.
- 2. People with phobias often experience intense \_\_\_\_\_ when faced with their fear.
- 3. \_\_\_\_\_ therapy is a common method used to treat phobias.
- 4. \_\_\_\_\_ of the feared object or situation is a typical behavior in individuals with phobias.
- 5. Effective \_\_\_\_\_ can help individuals manage their phobias over time.

#### Task 4: Matching

Match the phobia with its correct definition.

| Phobia            | Definition                        |
|-------------------|-----------------------------------|
| 1. Acrophobia     | A. Fear of spiders                |
| 2. Claustrophobia | B. Fear of heights                |
| 3. Arachnophobia  | C. Fear of enclosed spaces        |
| 4. Agoraphobia    | D. Fear of open or crowded spaces |

#### Task 5: Choose the Correct Word/Phrase

Select the correct word or phrase to complete the sentence.

Phobias can be triggered by (a) a specific event / (b) random thoughts.  
The most effective treatment for phobias is (a) avoidance / (b) exposure therapy.

Phobias are classified as (a) anxiety disorders / (b) mood disorders.

#### Task 6: Multiple Choice (Single Correct Answer)

What is the primary emotion associated with phobias?

- a) Happiness
- b) Anger
- c) Fear
- d) Sadness

#### Task 7: Multiple Choice (Multiple Correct Answers)

Which of the following are symptoms of phobias? (Choose all that apply)

- a) Rapid heartbeat
- b) Sweating
- c) Calmness
- d) Nausea

#### Part 3. Reflection

Why do you think it is important to understand and address phobias?

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