

## A. VOCABULARY: dealing with emotions

Complete the sentences with the words and phrases in the box.

anxiety level | are rational | breathing technique | cure | overcome a fear try a therapy

1. When you \_\_\_\_\_, you are no longer afraid of something.
2. When you \_\_\_\_\_ an illness, you make it better.
3. When your \_\_\_\_\_ is high, you feel nervous and upset.
4. When you \_\_\_\_\_, you can think about and explain things clearly.
5. When you are using a(n) \_\_\_\_\_ you might count your breaths.
6. When you \_\_\_\_\_ you should talk to an expert.

Choose the words or phrases to complete the sentences.

1. When you **panic/calm down** you feel more relaxed.
2. You might **cure an illness / panic** when you take a test.
3. If you are **scared to death/conscious** of taking risks, you probably won't start a business.
4. If you **try a therapy/regain control**, you have power.
5. When you **overcome a fear/are conscious** of something, you are aware of it.
6. Usually, people **are in control/regain control** of their actions.

## B. GRAMMAR: Real Conditionals

Check (✓) the correct sentences. Correct the incorrect sentences.

- 1 If you're scared to death of something, listening to music might help you calm down.
- 2 If I will decide to try a new therapy, I'll ask you to recommend a therapist.   
If I *decide to try a new therapy*, I'll ask you to recommend a therapist.
- 3 I use a breathing technique when my anxiety level was too high.
- 4 When ever I panic about something, I imagine I am at the beach relaxing.
- 5 If I can overcome my fear of crowded places, when I will go to the concert.
- 6 When you will calm down maybe you'll be more rational.
- 7 I might try to run a marathon if I can regain control of my health.
- 8 Whenever I used my meditation app, I am more in control of my thoughts.
- 9 When you're conscious of the source of your fear, it's easier to overcome it.