

Fears and Phobias**Comprehension**

Read each of the following questions. Then choose the letter of the best answer.

- _____ 1. Feeling fear
A is something you learn to do.
B is not a helpful reaction.
C starts after the first few years of life.
D works like an instinct.
- _____ 2. Under which heading would you expect to find information about what happens in your body when you feel fear?
A How Fear Works
B Fears People Have
C Fears During Childhood
D Overcoming Phobias
- _____ 3. Which of these is a physical response to fear?
A drowsiness
B hunger
C rapid breathing
D thirst
- _____ 4. A phobia is a fear that is
A about something life threatening.
B easy to overcome.
C out of proportion to the danger.
D only mildly upsetting.
- _____ 5. A section with the heading "What Causes Phobias?" will have information about
A how phobias create problems.
B why people have phobias.
C how to cure phobias.
D what people should do if they have phobias.
- _____ 6. The amygdala
A keeps track of experiences that trigger strong emotions.
B calms people down.
C relaxes our muscles.
D helps people overcome fears.

Vocabulary

Choose the answer that best explains the meaning of each underlined word.

- _____ 7. When you activate something, it
A stops.
B disappears.
C starts working.
D gets ready.

Name: _____

ID: A

_____ 8. What does trigger mean?
A to start
B to change
C to stop
D to hold

_____ 9. What does turbulence feel like?
A swaying or shaking
B walking easily
C sleeping quietly
D gliding smoothly

_____ 10. A sign of immaturity is
A being scared.
B not being fully grown.
C being fearless.
D being tired.

Written Response

Answer the following questions based on your knowledge of the text.

11. Cite text evidence to tell why fear is helpful to us.

12. Explain how a phobia can make a person's life difficult.