

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.

____ 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.