



ENGLISH



a What is a phobia? Look at the picture: How many things can you see that some people have a phobia of?





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b Look at the names of five phobias; match them with their explanations.

1 acrophobia 2 agoraphobia 3 glossophobia 4 arachnophobia 5 claustrophobia

A



People with this phobia are terrified of spiders. Rupert Grint, the actor who played Ron Weasley in the Harry Potter films, has this phobia, and so does his character Ron.

B



This phobia can have a severe effect on sufferers' lives. These people are frightened of being in open and public spaces like shops and busy streets. They often feel panic when they go out and only feel safe at home.

C



People with this phobia are afraid of being in closed spaces like lifts, or travelling on the underground. This phobia can make life very difficult for people who live and work in cities.

D



People who suffer from this phobia are scared of heights, and they get very nervous if they have to go up high, for example on a ski lift or if they are on a balcony on the 20th floor.

E



People with this phobia suffer from a fear of public speaking. They get very nervous if they have to speak in front of other people, for example at work or in class or at a conference. The actor Harrison Ford has been afraid of public speaking all his life. He even gets nervous when a character in a film he is making has to make a speech.

c Find in the texts...

- ★ the noun made from the adjective AFRAID;
- ★ one adjective which means VERY AFRAID;
- ★ two synonyms for AFRAID;,



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2 Listening and speaking.

a Listen to three people talking about their phobias. Complete the chart.

	1	2	3
What is he/she afraid of?			
When did it start?			
How does it affect his / her life?			

b Ask and answer.

Which person do you think is most affected by their phobia?

Which of the phobias in this lesson do you think is the most irrational?

Which do you think makes the sufferers' lives most complicated?

Do you or anyone you know have a phobia? When and how did it start? How does it affect your or their lives?

My brother is really afraid of flying. He gets

very nervous before he flies somewhere. It started about ten years ago when ...





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3 Grammar; present perfect + for/since

a Look at this extract from the first interview in 2 . Answer the questions.

'How long have you had this phobia?'

'I've had it for about 40 years. Since I was 12 years old.'

- 1 When did she begin to be afraid of bats?
- 2 Is she afraid of bats now?
- 3 What tense do we use to talk about something that started in the past and is still true now?
- 4 Complete the rule with for or since. Use with a period of time. Use with a point in time.

9B present perfect + for or since

A Where do you live now?

B In Manchester.

A How long have you lived there?

B I've lived there for twenty years.

A Where do you work?

B In a primary school.

A How long have you worked there?

B I've worked there since 2005.

- Use the present perfect + *for* or *since* to talk about actions and states which started in the past and are still true now.
I've lived in Manchester for twenty years. = I came to live in Manchester twenty years ago and I live in Manchester now.
- Don't use the present simple in this type of sentence, e.g.
NOT ~~I live in Manchester for twenty years.~~
- Use *How long...?* to ask questions about the duration of an action or a state.



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9B present perfect + *for* or *since*

for or *since*?

- Use *for* + a period of time, e.g. **for two weeks**, **for ten years**, **for a long time**, etc.
*I've had this car **for** three months.*
- Use *since* with the beginning of a period of time, e.g. **since 1980**, **since last June**, etc.
*I've been afraid of spiders **since** I was a child.*

b Listen and say the phrase with **for** or **since**.

4 Pronunciation.

a Listen and repeat. Copy the rhythm.

- 1 for ten years → worked here for ten years → 7 I've worked here for ten years.
2 since 2002 → lived here since 2002 → We've lived here since 2002.
3 known him → have you known him → How long have you known him?

b Listen and write five sentences.

- 1
- 2
- 3
- 4
- 5



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5 Speaking.

- Do you have a pet? How long have you had it?
- Do you have a bike? How long have you had it?
- Do you live in a modern flat? How long have you lived there?
- Do you live near your work / school?
How long have you lived there?
- Do you know anybody from another country?
How long have you known him / her?
- Are you a fan of a football team? How long have you been a fan?
- Are you a member of a club or organization?
How long have you been a member?
- Are you married? How long have you been married?



6 Reading.

a Do you know of any kinds of treatment for people who have phobias?

b Read the text and mark the sentences true or false.

1 30% of people have some kind of phobia.

2 Doctors have created a new drug to cure phobias.

3 In exposure therapy people learn to relax when they are exposed to something they are afraid of.

4 Exposure therapy is always successful.

5 The drug affects the way people learn and remember things.

6 The study showed that the drug helped people to lose their fear.

☐
☐
☐
☐
☐
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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.

c Guess the meaning of the highlighted words and phrases.

d What stages of exposure therapy do you think could be used for someone with arachnophobia/claustrophobia?