

9B I've been afraid of it for years

UNPHOTICALLY
afraid of spiders since I
was a child.

1 VOCABULARY

phobias and words related to fear

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

b Look at the names of five phobias. Match them to explanations A–E.

- 1 acrophobia 3 glossophobia 5 arachnophobia
2 agoraphobia 4 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 Read the explanations again. Find in the texts...

- 1 the noun made from the adjective *afraid* _____
2 one adjective which means *very afraid* _____
3 two synonyms for *afraid* _____, _____

2 LISTENING & SPEAKING

- a **4 20** Listen to three people talking about their phobias. Answer question 1 for each person.

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

- b Listen again and answer questions 2 and 3 for each person. Which person do you think is most affected by their phobia?

- c Ask and answer with a partner.

- 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* and *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.

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Complete the sentences with the present perfect of the verb given + *for* or *since* if necessary.



work

- 1 A How long has your daughter worked in New York?
B She's worked there for four years.

have

- 2 A How long _____ you _____ your cat?
B I _____ it _____ a few weeks now.



be married

- 3 A How long _____ you _____ ?
B I _____ 1981.

know

- 4 A How long _____ they _____ each other?
B They _____ each other _____ 50 years.



live

- 5 A How long _____ you _____ here?
B We _____ here _____ 2006.

have

- 6 A How long _____ you _____ this phobia?
B I _____ it _____ about 2010.
A Ah...



be

- 7 A How long _____ you _____ in this team?
B I _____ in it _____ I was 17.

6 READING

- a** Do you know of any kinds of treatment for people who have phobias?
- b** Read the text and mark the sentences **T** (true) or **F** (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.

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 With a partner, guess the meaning of the **highlighted** words and phrases.
- d What stages of exposure therapy do you think could be used for a someone with
a) arachnophobia b) claustrophobia?