

## 5.1 VOCABULARY

### DEALING WITH EMOTIONS

A **Circle** the phrase that best matches the definition.

- 1 to be extremely frightened: *be scared to death / anxiety level / overcome fear*
- 2 to know something is happening: *be in control of / be conscious of / be rational*
- 3 to stop feeling angry, upset, or excited: *be rational / calm down / try a therapy*
- 4 to show clear thought or reason: *be rational / be conscious of / regain control*
- 5 a sudden, strong feeling of anxiety: *anxiety level / overcome fear / panic*
- 6 to be able to direct or manage something: *be in control of / be rational / try a therapy*
- 7 a method to control the amount of air taken into a person's lungs: *cure / be scared to death / breathing technique*
- 8 to cause an illness or disease to go away: *calm down / be in control of / cure*
- 9 the amount a person feels worried: *anxiety level / regain control / be conscious of*
- 10 to make an effort to do something to get better: *be conscious of / panic / try a therapy*
- 11 to deal with and control extreme worry about something: *overcome fear / be scared to death / anxiety level*
- 12 to get back the ability to direct or manage something: *be rational / be scared to death / regain control*

B **Complete the paragraph with the correct forms of words and phrases from exercise A.**

A *phobia* is an extreme fear of something. Someone with a phobia may experience a rise in their <sup>1</sup> \_\_\_\_\_ just at the mention of the thing they are afraid of. Common phobias include fear of heights, fear of snakes, and fear of germs – just to name a few. These fears may <sup>2</sup> \_\_\_\_\_, or they may not make any sense. People experience different symptoms, ranging from mild anxiety to being <sup>3</sup> \_\_\_\_\_. Regardless, it can be hard for a person to <sup>4</sup> \_\_\_\_\_ their phobia. One method people use to <sup>5</sup> \_\_\_\_\_ is to focus on their <sup>6</sup> \_\_\_\_\_. Being <sup>7</sup> \_\_\_\_\_ of the breaths that you take is a good way to relax. There may not be any <sup>8</sup> \_\_\_\_\_ for anxiety, but there are effective ways to manage it. With focus, practice, and sometimes even trying <sup>9</sup> \_\_\_\_\_, people can learn to manage their fears. Whatever you do – don't <sup>10</sup> \_\_\_\_\_!