

# I've been afraid of it for years



## 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 movies, 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 stores 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 elevators or traveling on the subway. 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 movie 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 that means *very afraid* \_\_\_\_\_  
3 two synonyms for *afraid* \_\_\_\_\_, \_\_\_\_\_

## 2 LISTENING & SPEAKING

- a 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 his or her phobia?

- c Ask and answer with a partner.

- 1 Which of the phobias in this lesson do you think is the most irrational?  
2 Which do you think makes the sufferers' lives most complicated?  
3 Do you or anyone you know have a phobia? When and how did it start? How does it affect your life or his/her life?

*My brother is really afraid of flying. He gets very nervous before he flies somewhere. It started about ten years ago when...*

### 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.

- b ➤ **Grammar Bank 9B.** Learn more about the present perfect + *for* and *since*, and practice it.

- c  Listen and say the phrase with *for* or *since*.

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### 4 PRONUNCIATION sentence stress

- a  Listen and repeat. Copy the rhythm.

- 1 for ten years → worked here for ten years  
→ 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.

### 5 SPEAKING

- a Look at the questions below. What two tenses are they? What are the missing words?

		Name
have	/ a pet? How long / it?	
	/ a bike? How long / it?	
live	/ in a modern apartment? How long / there?	
	/ near this school? How long / there?	
know	/ anybody from another country? How long / him (her)?	
be	/ a fan of a soccer team? How long / a fan?	
	/ a member of a club or organization? How long / a member?	
	/ married? How long / married?	

- b Move around the class and ask other students. If they answer *Yes, I do* or *Yes, I am* to the first question, ask the second question. Try to find a different person for each question.

### 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 Thirty percent 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 that 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 elevator that appeared to go up and down. The people who were given the pill felt much less afraid than those who took a **placebo**.

- 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 someone with  
a) arachnophobia b) claustrophobia?



Adapted from a newspaper

## present perfect + for or since

- A Where do you live now?  
B In Tokyo.  
A **How long have you lived** there?  
B **I've lived** there **for** twenty years.  
A Where do you work?  
B In an elementary 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 that started in the past and are still true now.  
*I've lived in Tokyo for twenty years.* = I came to live in Tokyo twenty years ago, and I live in Tokyo now.
- Don't use the simple present in this type of sentence, e.g., **NOT** *live in Tokyo for twenty years.*
- Use *How long...?* to ask questions about the duration of an action or a state.

### 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.*

### a Circle the correct form.

*She is / She's been* single since last summer.

- 1 *He left / He has left* school two years ago.
- 2 *I lived / I've lived* in Vancouver for two years, but then I moved to Toronto.
- 3 *She lives / She's lived* in Florida since 2010.
- 4 *My sister had / My sister has had* her baby yesterday!
- 5 *I work in an office. I work / I've worked* there for 20 years.
- 6 *The city changed / The city has changed* a lot since I was a child.
- 7 They're divorced now. *They were / They have been* married for ten years.
- 8 *I met / I've met* Sandra when I was / have been in college.

### b Complete with the present perfect or simple past.

- 1 A Where does Rob live now?  
B In San Diego.  
A How long \_\_\_\_\_ there? (he / live)  
B For three months. He \_\_\_\_\_ there in September. (move)
- 2 A When \_\_\_\_\_? (Picasso / die)  
B In 1977, in Paris I think.  
A How long \_\_\_\_\_ in France? (he / live)  
B For a long time. He \_\_\_\_\_ Spain when he was 25. (leave)
- 3 A My brother and his wife get along very well.  
B How long \_\_\_\_\_ married? (they / be)  
A They \_\_\_\_\_ married since 1995. They \_\_\_\_\_ in college. (be, meet)  
B Really? \_\_\_\_\_ that in Chicago? (be)

# Irregular verbs

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Present	Simple past	Past participle
be /bi/	was /wəz/ were /wər/	been /bɪn/
become /bɪ'kʌm/	became /bɪ'keɪm/	become
begin /brɪ'gɪn/	began /brɪ'gæn/	begun /brɪ'gʌn/
break /breɪk/	broke /brəʊk/	broken /brəʊkən/
bring /brɪŋ/	brought /brɔt/	brought
build /bɪld/	built /bɪlt/	built
buy /baɪ/	bought /bɒt/	bought
can /kæn/	could /kʊd/	-
catch /kætʃ/	caught /kɔt/	caught
choose /tʃu:z/	chose /tʃooz/	chosen /tʃoozn/
come /kʌm/	came /keɪm/	come
cost /kɒst/	cost	cost
cut /kʌt/	cut	cut
do /du/	did /dɪd/	done /dʌn/
drink /drɪŋk/	drank /dræŋk/	drunk /dræŋk/
drive /draɪv/	drove /drəʊv/	driven /drɪvn/
eat /ɪt/	ate /eɪt/	eaten /ɪtn/
fall /fəl/	fell /fəl/	fallen /'fələn/
feel /fi:l/	felt /fəlt/	felt
find /faɪnd/	found /faʊnd/	found
fly /flaɪ/	flew /flu/	flown /fləʊn/
forget /fɔ:rget/	forgot /fɔ:rgət/	forgotten /fɔ:rgətn/
get /get/	got /gət/	gotten /gətn/
give /gɪv/	gave /geɪv/	given /'gɪvn/
go /gou/	went /wənt/	gone /gən/
grow /grəʊ/	grew /gru/	grown /grəʊn/
have /hæv/	had /hæd/	had
hear /hɪr/	heard /hərd/	heard
hit /hit/	hit	hit
keep /kip/	kept /kept/	kept
know /nou/	knew /nu/	known /nəun/

Present	Simple past	Past participle
learn /lərn/	learned /lərnɪd/	learned
leave /liv/	left /ləft/	left
lend /lənd/	lent /lənt/	lent
let /let/	let	let
lose /lu:z/	lost /ləst/	lost
make /meɪk/	made /meɪd/	made
meet /mit/	met /met/	met
pay /peɪ/	paid /peɪd/	paid
put /put/	put	put
read /rid/	read /red/	read /red/
ring /rɪŋ/	rang /ræŋ/	rung /rʌŋ/
run /rʌn/	ran /ræn/	run
say /seɪ/	said /sed/	said
see /si/	saw /sə/	seen /sin/
sell /sel/	sold /səuld/	sold
send /send/	sent /sent/	sent
shut /ʃʌt/	shut	shut
sing /sɪŋ/	sang /sæŋ/	sung /sʌŋ/
sit /sɪt/	sat /sæt/	sat
sleep /slɪp/	slept /slept/	slept
speak /spɪk/	spoke /spook/	spoken /spookən/
spend /spend/	spent /spent/	spent
stand /stænd/	stood /stʊd/	stood
steal /stɪl/	stole /stoo/	stolen /stoołən/
swim /swɪm/	swam /swæm/	swum /swʌm/
take /teɪk/	took /tok/	taken /teɪkən/
teach /tɪtʃ/	taught /tɔt/	taught
tell /tel/	told /tould/	told
think /θɪŋk/	thought /θɔt/	thought
throw /θroʊ/	threw /θru:/	thrown /θru:n/
understand /ʌndər'stænd/	understood /ʌndər'stʊd/	understood
wake /weɪk/	woke /woʊk/	woken /woʊkən/
wear /wer/	wore /wɔr/	worn /wɔrn/
win /wɪn/	won /wən/	won
write /raɪt/	wrote /root/	written /ritn/