

Task 1 . Fill in the correct word.

1. My heart starts to _____ very fast when I hear the sound of thunder and see flashes of lightning.
2. It`s very difficult to _____ your reactions when presented with your worst fear.
3. When she sees a snake, she _____ like a leaf.
4. On seeing the nurse approaching with the injection, she _____ with fear.
5. His mouth was completely _____ as the plane prepared to take off.
6. He _____ crowded places such as malls and cinemas.
7. When she sees blood, she _____ .
8. You should _____ your fear instead of avoiding it.

Task 2 . Listen to four people talking about their fears. Match them to their fears. **One is extra.**

People

Kate

Laura

Mark

Bob

Fears

insects

blood

crowds

heights

storms

Task 3 . Choose the correct feeling word and match to the situation.

anxious nervous embarrassed dizzy scared

1

I thought I saw an old friend in the supermarket last week and I waved madly and shouted her name. Only when I got closer, I realised it wasn't her at all. My cheeks went bright red.

2

Yesterday morning, I got to the bus stop a few minutes later than usual and no one was waiting. I didn't know if I had missed my bus or not. I was worried that I would be late for work until the bus showed up.

3

Last weekend I watched a horror film with some friends, but I covered my eyes for most of it because I couldn't watch it. I didn't sleep well that night.

4

At the end of last term, I walked onto the stage in front of the whole school to give a speech. My palms were sweating and I felt like I had a tight knot in my stomach.

5

I went up to the top of Blackpool Tower when I was 15, but I couldn't enjoy the view at all. I felt like everything was spinning and I had to go back down and wait for my friends at the bottom.

Task 4 . Fill in the gaps.

1. Mark went as white as a _____ when the wasp landed on his hand.
2. I'm so nervous about the exam. I've got _____ in my stomach!
3. Janet is scared _____ of spiders.
4. Brian nearly jumped out of his _____ when he saw the mouse.
5. Harry's hair _____ on the end when he saw the bear standing in front of him.