

**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	Fears
Kate	<i>insects</i>
Laura	<i>blood</i>
Mark	<i>crowds</i>
Bob	<i>heights</i>
	<i>storms</i>

### 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.