

1 VOCABULARY: Dealing with emotions

A Complete the sentences with the words and phrases in the box.

anxiety level are rational breathing technique cure overcome a fear try a therapy

- 1 When you overcome a fear, you are no longer afraid of something.
- 2 When you _____ an illness, you make it better.
- 3 When your _____ is high, you feel nervous and upset.
- 4 When you _____, you can think about and explain things clearly.
- 5 When you are using a(n) _____, you might count your breaths.
- 6 When you _____, you should talk to an expert.

B Circle the words or phrases to complete the sentences.

- 1 When you panic / calm down you feel more relaxed.
- 2 You might cure an illness / panic when you take a test.
- 3 If you are scared to death / conscious of taking risks, you probably won't start a business.
- 4 If you try a therapy / regain control, you have power.
- 5 When you overcome a fear / are conscious of something, you are aware of it.
- 6 Usually, people are in control / regain control of their actions.



2 GRAMMAR: Real conditionals

A Match the sentence halves.

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| 1 If you want to do yoga at home, | <u>c</u> | a if he spends too much time online. |
| 2 When patients need medical advice at home, | _____ | b I can't sleep at night. |
| 3 My anxiety level becomes very high | _____ | c you could watch some videos. |
| 4 I might take away my son's tablet | _____ | d when I breathe deeply a few times. |
| 5 If you want to meet tomorrow, | _____ | e I may see a therapist. |
| 6 I usually regain control of my emotions | _____ | f some doctors will talk to them on Skype. |
| 7 Whenever I see a scary movie, | _____ | g whenever I see a snake. |
| 8 If I can't get over my fear of spiders, | _____ | h you'll have to come to my office. |