# UNIT 5 THE HUMAN FACTOR

## 5.1 IMITATING REALITY

### 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.**

| | | | |
|---|---|---|---|
| 1 | If you want to do yoga at home, | *c* | 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. |



LIVEWORKSHEETS