

## 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 cure an illness, you make it better.

3 When your anxiety level is high, you feel nervous and upset.

4 When you are rational, you can think about and explain things clearly.

5 When you are using a(n) breathing technique, you might count your breaths.

6 When you try a therapy, 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, \_\_\_\_\_

2 When patients need medical advice at home, \_\_\_\_\_

3 My anxiety level becomes very high \_\_\_\_\_

4 I might take away my son's tablet \_\_\_\_\_

5 If you want to meet tomorrow, \_\_\_\_\_

6 I usually regain control of my emotions \_\_\_\_\_

7 Whenever I see a scary movie, \_\_\_\_\_

8 If I can't get over my fear of spiders, \_\_\_\_\_

c if he spends too much time online.

b I can't sleep at night.

c you could watch some videos.

d when I breathe deeply a few times.

e I may see a therapist.

f some doctors will talk to them on Skype.

g whenever I see a snake.

h you'll have to come to my office.

