



WRITTEN COMPREHENSION

READING

COPING WITH PHOBIAS



Understanding fears and phobias is crucial for navigating through life. Fear, which is a natural response to perceived threats, can be beneficial in keeping us safe. However, when fear becomes irrational and uncontrollable, it transforms into a phobia, which can significantly disrupt one's daily life.

Phobias can stem from various sources, including traumatic experiences, learned behaviours, or genetic predispositions. For instance, someone who had a frightening encounter with a dog as a child may develop *cynophobia*, the fear of dogs. Similarly, individuals may develop social anxiety disorder, a fear of social situations, due to past embarrassments or criticisms.

The impact of phobias on individuals can be profound, affecting their mental health, relationships, and overall quality of life. Those with severe phobias may go to great lengths to avoid their triggers, leading to social isolation or limited opportunities for personal growth.

That's why it's essential to address phobias with empathy and understanding. Therapy, such as cognitive-behavioural therapy, can help individuals confront and manage their fears in a safe environment. By gradually exposing themselves to their fears, they can learn to reframe their thoughts and responses.

Therefore, as a result of proper treatment and support, individuals can reclaim control over their lives and overcome the grip of their phobias, enabling them to pursue their goals and aspirations with confidence.

READ THE TEXT AND DECIDE IF THESE STATEMENTS ARE TRUE OR FALSE.

- 1) Fear and phobias can have a significant impact on an individual's daily life.
- 2) Phobias are always rational responses to actual threats.
- 3) Social anxiety disorder can develop due to past negative experiences in social situations.
- 4) Avoiding triggers is an effective long-term strategy for managing phobias.
- 5) Cognitive-behavioural therapy is not helpful in addressing phobias.

ANSWERS	1	2	3	4	5
TRUE					
FALSE					

CHOOSE THE BEST ANSWER.

- 1) What is the difference between fear and a phobia?**
 - a) Fear is rational, while phobias are irrational.**
 - b) Fear is learned, while phobias are genetic.**
 - c) Fear is a natural response, while phobias are learned behaviours.**
 - d) Fear is controllable, while phobias are uncontrollable.**

- 2) What can lead to the development of social anxiety disorder?**
 - a) Traumatic experiences**
 - b) Genetic predispositions**
 - c) Past embarrassments or criticisms**
 - d) All of the above**

- 3) What is one potential consequence of severe phobias?**
 - a) Increased social interaction**
 - b) Limited opportunities for personal growth**
 - c) Improved mental health**
 - d) None of the above**

- 4) What type of therapy is mentioned as helpful in managing phobias?**
 - a) Psychoanalytic therapy**
 - b) Humanistic therapy**
 - c) Cognitive-behavioural therapy**
 - d) Gestalt therapy**

- 5) How can individuals overcome the grip of their phobias?**
 - a) By avoiding their triggers at all costs**
 - b) By seeking constant reassurance from others**
 - c) By confronting and managing their fears in a safe environment**
 - d) By ignoring their fears and pretending they don't exist**

ANSWERS	1	2	3	4	5
a/b/c/d					