

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, | <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. |

B Check (✓) the correct sentences. Correct the incorrect sentences.

- 1 If you're scared to death of something, listening to music might help you calm down. ☒
- 2 If I will decide to try a new therapy, I'll ask you to recommend a therapist. ☐
If I decide to try a new therapy, I'll ask you to recommend a therapist.
- 3 I use a breathing technique when my anxiety level was too high. ☐
- 4 When ever I panic about something, I imagine I am at the beach relaxing. ☐
- 5 If I can overcome my fear of crowded places, when I will go to the concert. ☐
- 6 When you will calm down maybe you'll be more rational. ☐
- 7 I might try to run a marathon if I can regain control of my health. ☐
- 8 Whenever I used my meditation app, I am more in control of my thoughts. ☐
- 9 When you're conscious of the source of your fear, it's easier to overcome it. ☐
- 10 Whenever I can cure my fear of heights, I may climb Mount Everest. ☐

3 GRAMMAR AND VOCABULARY

A Read the situations below and give three suggestions for each one. Use real conditionals and the words in the boxes.

- 1 Your friend dreams of going hiking in the jungles of Indonesia. However, your friend is terrified of snakes, and Indonesia is home to many poisonous snakes.

be scared to death calm down overcome a fear

- a *If you are scared to death, try to think of something positive instead.*
- b _____
- c _____

- 2 Your friend tells you that every time he goes to a party, he feels anxious. He is nervous meeting new people.

be conscious of be in control of breathing technique

- a _____
- b _____
- c _____

- 3 Your classmate is very intelligent, but she freezes every time she takes a test. She ends up getting a low grade.

anxiety level panic try a therapy

- a _____
- b _____
- c _____