

The Science of Fear

Fear is a natural emotion that helps protect people from danger. When people see dangerous animals or hear a sudden loud noise, fear quickly makes the brain react and send a message to the body. This reaction causes changes such as a faster heart rate, quicker breathing, and tense muscles. These changes (**21**). This is called the “fight-or-flight” response to fear or stress, which gets the body ready to act immediately. Fear has been helping humans survive for millions of years.

Sometimes, people feel fear even when they are not facing real danger. For example, some people feel afraid when they watch a scary scene in a movie, although they are in a safe place. The brain uses memories and past experiences to predict possible danger and generate fear, causing the body to react strongly and become more alert. Some people (**22**). They like scary things and seek excitement. This also explains why many people enjoy activities such as riding roller coasters.

However, fear is not always enjoyable. Some people feel fear too often or too intensely. In such cases, the brain treats normal events as dangerous, which can lead to problems. (**23**), this intense fear can make everyday activities feel overwhelming and difficult. Recent studies have identified specific brain mechanisms that allow people to control learned fears, offering hope for more effective treatments. Currently, scientists are studying how fear is generated in the brain and seeking solutions for those who suffer from it.

- (21)
- 1** make people feel sleepy and calm
 - 2** prepare people for escape or defense
 - 3** stop people from moving their bodies
 - 4** help people pretend they are not scared

- (22)
- 1** are even fascinated by this feeling
 - 2** are often afraid of opening their eyes
 - 3** forget fear soon after it happens
 - 4** love surprising their friends and family

- (23)
- | | |
|----------------------------|------------------------|
| 1 On the other hand | 2 Fortunately |
| 3 Without this | 4 In particular |

From: Matthew Watts <mwatts@polarvillageelementary.edu>
To: Mary Carter <mcarter@trackfitrentals.com>
Date: May 27
Subject: Your service

Dear Mary Carter,

My name is Matthew Watts, and I am a teacher at Polar Village Elementary School. We are looking for an outdoor facility where we can hold an athletic event this fall. One of my coworkers recommended your facility and suggested I contact you. She used one of the grounds for an event at the school where she had previously worked. Also, your facility is appealing because it is easy to access from several train stations.

Although the exact date has not been set, our athletic event will take place on a weekday in September or October. We hope to use the large ground from 8 a.m. to 3 p.m. Currently, we expect about 150 people to attend the event, including some parents and teachers. According to the website, this is about the number of people your facility can hold.

Could you please let me know which date might be suitable for our event? It would be great if you could provide a few possible dates. We can meet to discuss the details of the event as needed. Our school is close to your main office, and we have enough teachers and staff. Therefore, we can easily adjust our schedules to make sure at least one person can visit for the meeting before 5 p.m. on the day you choose.

Sincerely,
Matthew Watts
Polar Village Elementary School

(24) What is one reason Matthew Watts is interested in the facility?

- 1 The ground is perfect for camping.
- 2 The staff working there is helpful.
- 3 It is located near public transportation.
- 4 It is popular among schoolchildren.

(25) Regarding the event that is being planned,

- 1 the number of people will likely be appropriate for the space.
- 2 it will happen only on weekends this September or October.
- 3 only the students from the school will attend this year.
- 4 it will last all day until the end of the year.

(26) Why does Matthew mention the location of the school and the number of staff to Mary Carter?

- 1 To suggest changing the time of the event to the morning.
- 2 To ask if the facility staff can help prepare for the event.
- 3 To explain that the school needs more teachers than it has.
- 4 To show that visiting her in the office is not too difficult.