Name: _____ Class: _____ Date: _____ ID: A

Fears and Phobias

Comprehension

Read each of the following questions. Then choose the letter of the best answer.

____ **1.** Feeling fear
- **A** is something you learn to do.
- **B** is not a helpful reaction.
- **C** starts after the first few years of life.
- **D** works like an instinct.

____ **2.** Under which heading would you expect to find information about what happens in your body when you feel fear?
- **A** How Fear Works
- **B** Fears People Have
- **C** Fears During Childhood
- **D** Overcoming Phobias

____ **3.** Which of these is a physical response to fear?
- **A** drowsiness
- **B** hunger
- **C** rapid breathing
- **D** thirst

____ **4.** A phobia is a fear that is
- **A** about something life threatening.
- **B** easy to overcome.
- **C** out of proportion to the danger.
- **D** only mildly upsetting.

____ **5.** A section with the heading "What Causes Phobias?" will have information about
- **A** how phobias create problems.
- **B** why people have phobias.
- **C** how to cure phobias.
- **D** what people should do if they have phobias.

____ **6.** The amygdala
- **A** keeps track of experiences that trigger strong emotions.
- **B** calms people down.
- **C** relaxes our muscles.
- **D** helps people overcome fears.

Vocabulary

Choose the answer that best explains the meaning of each underlined word.

____ **7.** When you activate something, it
- **A** stops.
- **B** disappears.
- **C** starts working.
- **D** gets ready.

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____ **8.** What does trigger mean?
- **A** to start
- **B** to change
- **C** to stop
- **D** to hold

____ **9.** What does turbulence feel like?
- **A** swaying or shaking
- **B** walking easily
- **C** sleeping quietly
- **D** gliding smoothly

____ **10.** A sign of immaturity is
- **A** being scared.
- **B** not being fully grown.
- **C** being fearless.
- **D** being tired.

Written Response
Answer the following questions based on your knowledge of the text.

11. Cite text evidence to tell why fear is helpful to us.

12. Explain how a phobia can make a person's life difficult.

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