Spotlight 9

Reading

Task 9703

Read the text and mark the statements True (1), False (2), Not Stated (3).

How Fear Works.

When we sense danger, the brain reacts instantly, sending signals that activate the nervous system. This causes physical responses, such as a faster heartbeat, rapid breathing, and an increase in blood pressure. Blood pumps to muscle groups to prepare the body for physical action (such as running or fighting). Skin sweats to keep the body cool. Some people might notice sensations in the stomach, head, chest, legs, or hands. These physical sensations of fear can be mild or strong.

This response is known as "fight or flight" because that is exactly what the body is preparing itself to do: fight off the danger or run fast to get away. The body stays in this state of "fight-flight" until the brain receives an "all clear" message and turns off the response. Sometimes fear is provoked by something that is surprising or unexpected (like a loud noise), even if it's not actually dangerous. That's because the fear reaction is activated immediately — a few seconds faster than the thinking part of the brain can process (обработать) or evaluate what's happening. As soon as the brain gets enough information to realize there's no danger ("Oh, it's just a balloon bursting — whew!"), it turns off the fear reaction. All this can happen in seconds. Fear is the word we use to describe our emotional reaction to something that seems dangerous. But the word "fear" is used in another way, too: to name something a person often feels afraid of. People fear things or situations that make them feel unsafe or unsure. For instance, someone who isn't a strong swimmer might have a fear of deep water. In this case, the fear is helpful because it cautions (warns) the person to stay safe. Someone could overcome this fear by learning how to swim safely.

Many people have a fear of public speaking. Whether it's giving a report in class, speaking at an assembly, or reciting lines in the school play, speaking in front of others is one of the most common fears people have. People try to avoid the situations or things they fear. But this doesn't help them to overcome fear — avoiding something frightening strengthens a fear and keeps it strong.

People can overcome unnecessary fears by giving themselves the chance to learn about and gradually get used to the thing or situation they're afraid of. For example, people who fly despite a fear of flying can become used to unfamiliar sensations like take-off or turbulence. They learn what to expect and have a chance to watch what others do to relax and enjoy the flight. Gradually (and safely) facing fear helps someone to overcome it.

True (1), False (2), Not Stated (3).

A. In a dangerous situation our nervous system reacts before our brain.
B. A fearful experience is good for our nervous system.
C. Physical symptoms of fear prepare us for dangerous situations.
D. Physical reactions to fear are harmful to the organism.
E. Fear is easily provoked.
F. Only children feel fear when they are greatly surprised.
G. Fear protects us because it warns us of dangerous situations.
H. People can easily overcome their fears with the help of medicines.

A	B	C	D	E	F	G	H