Professional Risk Takers

People who enjoy dangerous sports are risk takers. Extreme athletes see the world in a different way, says sports psychologist Shane Murphy. In a dangerous activity such as skydiving, most people probably do not feel in control. Extreme athletes are the opposite: They feel in control in dangerous situations. The danger can help them. For example, skier Daron Rahlves says that fear makes him try harder to succeed. Some people take risks to achieve a goal. Conservationist Michael Fay led a dangerous 2,000-mile expedition in central Africa. His goal was to help save the wildlife there. Fay's expedition helped to create 13 national parks.

Everyday Risk Takers

Most of us are not extreme athletes or explorers. However, we all like some excitement in our lives. In fact, most people are risk takers in some way. Some people take social risks, such as speaking in front of a large group of people or talking to people you don't know at a party. Some people take financial risks, such as buying a house or putting money into stocks. Other people take career risks, such as leaving their job and starting their own business. Studies show that most people take risks in some areas of life, but not in others. What kind of risk taker are you?

A. Read the text and write true or false.

1. Risk takers like dangerous sports. _____
2. Extreme athletes do not have control in dangerous situations. _____
3. Most people do not feel control in dangerous activities. _____
4. People take risks to achieve a goal. _____
5. Michael Fay is a skier. _____
6. Most people do not like excitement in their lives. _____
7. Everyday risks have different kinds. _____
8. Leaving your jobs is a financial risk. _____
9. People take risks in some areas of life. _____
10. Taking risks is only for extreme athletes. _____

B. Answer the questions according to yourself.

1. Are you a professional risk taker or an everyday risk taker?

   _____

2. Do you like changing something in your life?

   _____

3. What would you change in your life if you had a chance?

   _____

LIVEWORKSHEETS