

5.1 VOCABULARY

DEALING WITH EMOTIONS

A Circle the phrase that best matches the definition.

- 1 to be extremely frightened: *be scared to death / anxiety level / overcome fear*
- 2 to know something is happening: *be in control of / be conscious of / be rational*
- 3 to stop feeling angry, upset, or excited: *be rational / calm down / try a therapy*
- 4 to show clear thought or reason: *be rational / be conscious of / regain control*
- 5 a sudden, strong feeling of anxiety: *anxiety level / overcome fear / panic*
- 6 to be able to direct or manage something: *be in control of / be rational / try a therapy*
- 7 a method to control the amount of air taken into a person's lungs: *cure / be scared to death / breathing technique*
- 8 to cause an illness or disease to go away: *calm down / be in control of / cure*
- 9 the amount a person feels worried: *anxiety level / regain control / be conscious of*
- 10 to make an effort to do something to get better: *be conscious of / panic / try a therapy*
- 11 to deal with and control extreme worry about something: *overcome fear / be scared to death / anxiety level*
- 12 to get back the ability to direct or manage something: *be rational / be scared to death / regain control*

B Complete the paragraph with the correct forms of words and phrases from exercise A.

A *phobia* is an extreme fear of something. Someone with a phobia may experience a rise in their ¹ _____ just at the mention of the thing they are afraid of. Common phobias include fear of heights, fear of snakes, and fear of germs – just to name a few. These fears may ² _____, or they may not make any sense. People experience different symptoms, ranging from mild anxiety to being ³ _____. Regardless, it can be hard for a person to ⁴ _____ their phobia. One method people use to ⁵ _____ is to focus on their ⁶ _____. Being ⁷ _____ of the breaths that you take is a good way to relax. There may not be any ⁸ _____ for anxiety, but there are effective ways to manage it. With focus, practice, and sometimes even trying ⁹ _____, people can learn to manage their fears. Whatever you do – don't ¹⁰ _____!