Unit 1 Revision

Listen to four speakers talking about a past situation. Write adjectives to describe how the situation made all four speakers feel.

1 _____
2 _____
3 _____
4 _____

Listen again. Match speakers 1-4 with sentences A-E. There is one extra sentence.

Speaker 1	A He/She said the wrong thing.
Speaker 2	B He/She needed a change of clothes.
Speaker 3	C He/She had an accident.
Speaker 4	D He/She spoiled a surprise.
	E He/She didn't know what to say.

Read the text and choose the best summary

a How therapy can help people with phobias.
b The top five phobias and how to deal with them.
c How phobias can affect our lives.

Read the text again. Match paragraphs A-E of the text with the questions below.

In which paragraph does the writer tell us ...

1 what caused Christine's phobia? ☐
2 what happened when Christine saw a spider in her car? ☐
3 what Christine hopes for the future? ☐
4 what other kinds of phobia exist? ☐
5 what therapists can do to help? ☐

A

Australian Christine Schipp was in the car with her husband one day when suddenly, she saw a spider on the back window. She opened the door of the moving car and jumped out. The worst thing was that Christine was the driver of the car – her husband doesn't drive. Fortunately, the car stopped at the bottom of the hill, and her husband wasn't seriously hurt.

B

Christine reacted to the spider in this way because she has a phobia – a strong fear that she can't control. Her phobia is called arachnophobia – an extreme fear of spiders. But spiders are not the only animals that people are frightened of. Other animals can have a similar effect, including dogs, fish, birds and even frogs. There are also other types of phobia, such as environmental phobias (like fear of flying) and medical phobias (for example, when people are terrified of going to the dentist).

C

Like many phobias, Christine's fear of spiders comes from an event she experienced as a child. When she was four years old, her mother left her in the living room while she went into another room. While Christine was alone, she saw a huge spider coming towards her. She was absolutely terrified; so she climbed onto the sofa, and covered her eyes. When her mother came back, Christine was really upset.

D

The good news about Christine's phobia is that there is a cure. Psychologists use a technique called exposure therapy to help people with phobias. First, they show the patient pictures of the thing they are scared of, and then they put a plastic model of it on the table. Finally, they bring the patient into contact with the real thing and stay with him or her until they feel safe enough to be in the room alone.

E

After just three hours of this therapy, Christine Schipp was able to hold a glass jar containing the source of her fear: a large spider. But her treatment isn't finished. When she gets home, she has to continue looking at plastic spiders and pictures of spiders regularly. She hopes that one day, she will be able to be in a car with a spider and not put her own life, or the lives of the people she loves, in danger.

Choose the correct answer.

Pain is not easy to control, and people with conditions that cause constant pain often have [1]_____ hard time – like Denise, for example. She worked as a nurse [2]_____ many years, and she also took part in sports [3]_____ running, hiking and skiing. An old skiing injury annoyed her occasionally, but she [4]_____ it. Then she began to have terrible headaches and she became unable to work [5]_____ of the constant pain. She talked [6]_____ her problem with several doctors, but she didn't [7]_____ out exactly what the problem was. One of the most [8]_____ things about this kind of problem is that people tell her it's 'all in her head' and that she should just [9]_____ over it. Denise sometimes feels very [10]_____ , but she tries to stay optimistic and every day she finds new ways to cope with a problem that may never have a cure.

1	a an extremely	b an extreme	c extremely
2	a from	b since	c for
3	a such	b like	c as
4	a ignores	b is ignoring	c ignored
5	a because	b due	c reason
6	a to	b that	c about
7	a look	b find	c search
8	a annoying	b annoyed	c annoy
9	a go	b come	c get
10	a discouraging	b encouraging	c discouraged

LIVEWORKSHEETS