



# ★ ALL STARS ★

## WHAT IS A PHOBIA?



Listen to the following introduction in extract 1. What is a phobia?



Listen to extract 1 and rewrite using your own words the definition of phobia:



1

Some people with this phobia find it difficult to pass the test. Others are anxious on motorways or certain roads. In extreme cases, people are afraid of being a passenger in a vehicle.

*Comment*

2

People say that actress Nicole Kidman **suffers from** this phobia. It is closely linked to a general **fear** of insects. People with this phobia are afraid of most insects with wings, and they feel nauseous or they **panic** if they see them. *Comment*

3

This phobia is quite common in young children, but adults suffer from it, too. Many are especially afraid of having vaccinations or blood tests. *Comment*

4

This fear affects nearly one in every 20 adults. People with this phobia usually avoid tall buildings, skiing, or standing on balconies. *Comment*

5

This phobia affects many people, but women more than men. These people feel very anxious or **scared** if they are in a noisy place where there are a lot of people, for example a shopping mall or a sports stadium. They often avoid these kinds of places. *Comment*



Read the website article and match each paragraph with the titles below:

Fear of butterflies   Fear of crowds  
Fear of doctors   Fear of driving   Fear of heights

Now, read the comments from A to E and match them with the paragraphs from the text:

- A I am so scared that I haven't been to see one for more than 15 years. I hate thinking about them! I feel the same way about dentists, too. *Carl*
- B I have a fear of going over bridges, and on motorways at over 60 mph. I'm OK at 45 mph. I once went over a bridge and I had to stop in the middle – I was really **frightened**. I haven't driven that way since then, and that was seven years ago. *Becky*
- C I thought I was the only person that had this fear! I'm OK with the small ones, but I'm **terrified** of the big ones. I'm OK if they aren't close to me, but as soon as they start flying near me I run away. I like looking at pictures of them because they can be beautiful, but if they fly towards me, especially towards my face, I panic. *Mina*
- D I suffer from this phobia, and what works best for me, if I know that I'm going to be in a situation where there'll be a lot of people, is to arrive early. Then other people arrive little by little, and that helps me. The worst thing is walking into a place that is already full of people. *Simon*
- E I've had this phobia for about 20 years. It started when I was a child, about six I think. I had a bad dream where I was in a block of flats high up on a hill and I nearly fell out of the window. I woke up and started crying. I haven't been to any really high places since then. Even if I imagine I'm in a high place, I feel **dizzy**. *Keith*