



★ ALL STARS ★ HAVE YOU GOT A PHOBIA?



Listen to the interview and complete the chart below with the information from the audio:



	JULIA	CHLOE
HAS SHE GOT A PHOBIA?		
HOW LONG HAS SHE HAD THIS PHOBIA?		
WHAT DOES SHE THINK IT STARTED?		
HOW DOES / DID IT AFFECT HER DAILY LIFE?		
HAS SHE EVER BEEN TO THERAPY?		

*How well are they with their phobias now? Was therapy helpful for both of them?
Which of these phobias you consider more rational / irrational?*

THE FEAR SCALE:

Have a look at the following scary things below and place them in the fear scale with the fear expressions!



TERRIFIED

PETRIFIED

FRIGHTENED

AFRAID / SCARED

FIGHT OR FLIGHT!

Listen to an expert talking about fear and decide which of the following resumes best the expert's opinion.



1) The expert explains that the body does not differentiate between real and perceived danger, so the same level of fear is experienced on a theme park ride as in a life-threatening situation. This is why we feel intense anxiety and discomfort, without the possibility of experiencing any positive emotions like excitement.

2) The expert explains that while theme park rides trigger a 'fight or flight' response similar to real danger, we know there's no actual threat. This lets us enjoy the adrenaline rush and feel both fear and excitement at the same time.

3) The expert suggests that fear is always related to real danger, which is why we avoid situations like theme park rides. According to this analysis, the body's 'fight or flight' response only occurs when there's a genuine threat, making it impossible for us to feel both fear and enjoyment at the same time.

YOUR TURN!

Have you ever felt a rush of adrenaline or euphoria on a theme park ride?

Did you ever experience a fight-or-flight response while doing something you knew wasn't actually dangerous, like going on a roller coaster?