

## Reading Task 4

*Read the text and decide if the sentences are True, False or Doesn't Say.*

### FACE YOUR FEARS DAY

What are you afraid of? Snakes, heights, the dark?

Whatever it is, it's time to face your fears! Face Your Fears Day is on the third Tuesday in October, and it is the day when people stand up to the things that scare them and say "You don't scare me anymore!" The day was started by a blogger called Steve Hughes in 2007 to help people become a little braver.

On Face Your Fears Day, people do brave things. Last year, The Grove School in England met 'scary' animals like snakes and spiders, and even had a climbing wall setup in the playground for students who wanted to face their fear of heights. Many charities visit schools and colleges to do presentations about how to beat social fears, like public speaking or hanging out with people they don't know. Also, over the last few years, bloggers have posted videos of themselves facing their fears in order to encourage others to do the same.

Facing your fears can be difficult. If you are afraid of something, you should try slowly facing it. For example, if you are afraid of snakes, start by looking at pictures and videos of them. Do some research and learn everything you can about them, because a lot of the time it is the fear of the unknown that is the biggest fear of all. When you feel you are ready, maybe take a trip to the zoo to watch them behind the glass. After a while you'll feel comfortable and confident enough to hold them. It'll take time, but don't worry or rush, all fears are beatable!

Our fears can hold us back in life, but we shouldn't let them. Face Your Fears Day gives people the boost they need to defeat the things that scare them. This day is actually more about courage than fear. Will you be brave enough to face your fears this year?

1. The first Face Your Fears Day was in 2007.

☐ True      ☐ False      ☐ Doesn't say

2. On that day, people avoid the things that scare them.

☐ True      ☐ False      ☐ Doesn't say

3. Some people are afraid of going to parties.

☐ True      ☐ False      ☐ Doesn't say

4. It's easier to beat a phobia if you do it quickly.

☐ True      ☐ False      ☐ Doesn't say

5. Face Your Fears Day focuses more on people being brave than being scared.

☐ True      ☐ False      ☐ Doesn't say