

## Phobias Worksheet for Grade 9

**Theme:** Understanding Phobias

**Name:** \_\_\_\_\_

**Surname:** \_\_\_\_\_

### Part 1. Pre-Class Study:

Before completing this worksheet, please study the following video:

<https://rutube.ru/video/975debbb7d066ff237e1af9a29ebc37b/?r=wd>

### Part 2: Worksheet Tasks

#### Task 1: Open-Ended Questions

1. What is a phobia, and how does it differ from regular fear?

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2. According to the video, what are some common causes of phobias?

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#### Task 2: Short Answer

1. Name three types of phobias mentioned in the video.

- a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_

2. What is the term for the fear of open spaces?

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#### Task 3: Drag and Drop (Fill in the Blanks)

Complete the sentences by dragging the correct words into the blanks.

anxiety   irrational   treatment   exposure   avoidance

1. A phobia is an \_\_\_\_\_ fear of a specific object or situation.
2. People with phobias often experience intense \_\_\_\_\_ when faced with their fear.
3. \_\_\_\_\_ therapy is a common method used to treat phobias.
4. \_\_\_\_\_ of the feared object or situation is a typical behavior in individuals with phobias.
5. Effective \_\_\_\_\_ can help individuals manage their phobias over time.

#### Task 4: Matching

Match the phobia with its correct definition.

Phobia	Definition
1. Acrophobia	A. Fear of spiders
2. Claustrophobia	B. Fear of heights
3. Arachnophobia	C. Fear of enclosed spaces
4. Agoraphobia	D. Fear of open or crowded spaces

#### Task 5: Choose the Correct Word/Phrase

Select the correct word or phrase to complete the sentence.

1. Phobias can be triggered by (a) a specific event / (b) random thoughts.
2. The most effective treatment for phobias is (a) avoidance / (b) exposure therapy.
3. Phobias are classified as (a) anxiety disorders / (b) mood disorders.

#### Task 6: Multiple Choice (Single Correct Answer)

What is the primary emotion associated with phobias?

- a) Happiness
- b) Anger
- c) Fear
- d) Sadness

#### Task 7: Multiple Choice (Multiple Correct Answers)

Which of the following are symptoms of phobias? (Choose all that apply)

- a) Rapid heartbeat
- b) Sweating
- c) Calmness
- d) Nausea

#### Part 3. Reflection

Why do you think it is important to understand and address phobias?

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