

1 VOCABULARY: Dealing with emotions

A Complete the sentences with the words and phrases in the box.

anxiety level are rational breathing technique cure overcome a fear try a therapy

- 1 When you overcome a fear, you are no longer afraid of something.
- 2 When you _____ an illness, you make it better.
- 3 When your _____ is high, you feel nervous and upset.
- 4 When you _____, you can think about and explain things clearly.
- 5 When you are using a(n) _____, you might count your breaths.
- 6 When you _____, you should talk to an expert.

B Circle the words or phrases to complete the sentences.

- 1 When you panic / calm down you feel more relaxed.
- 2 You might cure an illness / panic when you take a test.
- 3 If you are scared to death / conscious of taking risks, you probably won't start a business.
- 4 If you try a therapy / regain control, you have power.
- 5 When you overcome a fear / are conscious of something, you are aware of it.
- 6 Usually, people are in control / regain control of their actions.



2 GRAMMAR: Real conditionals

A Match the sentence halves.

- | | | |
|--|----------|--|
| 1 If you want to do yoga at home, | <u>c</u> | a if he spends too much time online. |
| 2 When patients need medical advice at home, | _____ | b I can't sleep at night. |
| 3 My anxiety level becomes very high | _____ | c you could watch some videos. |
| 4 I might take away my son's tablet | _____ | d when I breathe deeply a few times. |
| 5 If you want to meet tomorrow, | _____ | e I may see a therapist. |
| 6 I usually regain control of my emotions | _____ | f some doctors will talk to them on Skype. |
| 7 Whenever I see a scary movie, | _____ | g whenever I see a snake. |
| 8 If I can't get over my fear of spiders, | _____ | h you'll have to come to my office. |

B Check (✓) the correct sentences. Correct the incorrect sentences.

- 1 If you're scared to death of something, listening to music might help you calm down. ☒
- 2 If I will decide to try a new therapy, I'll ask you to recommend a therapist. ☐
If I decide to try a new therapy, I'll ask you to recommend a therapist.
- 3 I use a breathing technique when my anxiety level was too high. ☐
- 4 When ever I panic about something, I imagine I am at the beach relaxing. ☐
- 5 If I can overcome my fear of crowded places, when I will go to the concert. ☐
- 6 When you will calm down maybe you'll be more rational. ☐
- 7 I might try to run a marathon if I can regain control of my health. ☐
- 8 Whenever I used my meditation app, I am more in control of my thoughts. ☐
- 9 When you're conscious of the source of your fear, it's easier to overcome it. ☐
- 10 Whenever I can cure my fear of heights, I may climb Mount Everest. ☐

3 GRAMMAR AND VOCABULARY

A Read the situations below and give three suggestions for each one. Use real conditionals and the words in the boxes.

- 1 Your friend dreams of going hiking in the jungles of Indonesia. However, your friend is terrified of snakes, and Indonesia is home to many poisonous snakes.

~~be scared to death~~ calm down overcome a fear

- a *If you are scared to death, try to think of something positive instead.*
- b _____
- c _____

- 2 Your friend tells you that every time he goes to a party, he feels anxious. He is nervous meeting new people.

be conscious of be in control of breathing technique

- a _____
- b _____
- c _____

- 3 Your classmate is very intelligent, but she freezes every time she takes a test. She ends up getting a low grade.

anxiety level panic try a therapy

- a _____
- b _____
- c _____