imitating reality

A. VOCABULARY: dealing with emotions

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 _____ , 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.

Choose 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.

B. GRAMMAR: Real Conditionals

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. ☐

LIVEWORKSHEETS