

Vocabulary

Fears & Physical reactions

1 ★ Choose the correct item.

- 1 My hands always **sweat/wet** when I get nervous.
- 2 Just thinking about clowns makes me **smell/feel** sick.
- 3 Every time he sees a spider, he **stops/freezes** with fear.
- 4 It's good advice to tell someone to **face/look** their fears.
- 5 I know they can't **damage/harm** me but I'm really scared of butterflies.
- 6 The cartoon character's hair **stood/sat** on end when she saw the monster.

2 ★★ Fill in the gaps using the correct form of the verbs in the list.

• control • shake • go • avoid • beat • run

- 1 Whenever I think of heights, my mouth dry.
- 2 It's not always easy to your fear.
- 3 David a mile when he saw the hairy spider.
- 4 Max is afraid of crowds and will do anything to busy places.
- 5 Amy's heart starts to fast when she thinks of snakes.
- 6 I like a leaf while I was giving my speech.

3 ★★★ Fill in the gaps with the correct form of the verbs derived from the verbs in brackets.

- 1 If you (**obey**) the rules, you'll be punished.
- 2 Tom had to (**think**) his travel plans when the flight was cancelled.
- 3 I'm sorry you (**understand**) – let me explain again.
- 4 Suddenly, the spider (**appear**) under the sofa.
- 5 A lot of people (**spell**) English words like 'sincerely'.
- 6 Jack makes sure he always (**use**) supermarket plastic bags instead of throwing them away.

Everyday English

Asking for/Giving advice

4 ★ Match the exchanges.

- | | |
|---|---|
| 1 ☐ I'll give it a try. Thanks. | a That's not a bad idea. |
| 2 ☐ Have you thought about discussing the problem with your parents? | b But you've been preparing for weeks, haven't you? |
| 3 ☐ What should I do? | c Glad to help! |
| 4 ☐ I'm really worried about the test. | d Hmm, let me see. |

5 ★★ Choose the correct response.

- 1 A: What's your advice?
B: a It would be a good idea to visit an expert.
b Then you could visit an expert.
- 2 A: a What's up, Amy?
b What do you suggest, Amy?
B: I'm worried about a presentation I have to give.
- 3 A: Why don't you see a doctor?
B: a I hope my tips help.
b That's a good idea.

6 ★★ Complete the dialogue with the sentences below. One sentence is extra.

- By doing this • What do you mean
- You look a bit worried • Thanks for the tips
- Another idea would be to • Do you have any advice
- My pleasure • This would mean that
- It might be a good idea to

- A: What's the matter, Rob? 1)
- B: Oh, hi, John. I'm going on a business trip to Paris tomorrow but I'm afraid of flying.
- A: 2)? You've been travelling a lot since July. You shouldn't be afraid.
- B: I know, but I get really anxious when it's time to take off. 3)?
- A: Hmm, let's see ... 4) pack a magazine. 5) you'll have something to take your mind off what's happening.
- B: I guess you're right. Anything else?
- A: 6) choose an aisle seat. This makes it easier to avoid looking out the window if it makes you nervous.
- B: What great ideas! 7), John.
- A: 8) Good luck with your trip!