

# FEAR ANG PHOBIAS

Lesson 14.04.2020

## WHAT'S THE DIFFERENCE?

**Fear** is one of the most basic human emotions. We need it to survive.

Fear helps protect us. It can be like a warning, a signal for us to be careful.

The brain reacts instantly on danger, sending signals that activate the nervous system.

Blood pumps to muscle groups to prepare the body for physical reaction – *Fight or flight*

**A phobia** is an intense fear reaction to a particular thing or situation. Some phobias develop when someone has a scary experience and every time a strong fear reaction is triggered. Having a phobia isn't a sign of weakness or immaturity. It's a response of the brain in an attempt to protect the person.

**Spiders**

**Thunderstorms**

**Heights**

**Flying**

**Injections**

**Snakes**

# **Phobias**

**The dark**

**Going to the dentist**

**Crowds**

**Being alone**

**Bees and wasps**

**I'm afraid of .....**

# NEW WORDS

- **To yell** - визжать
- **To activate** – приводить в действие
- **To embarrass** – смущать
- **To tease** – дразнить
- **Irrational** – неразумный
- **To melt away** – таять, исчезать
- **To trigger** - возникать
- **Shake like a leaf** – дрожать как лист
- **Public place** – общественное место

# ARACHNOPHOBIA



# AGORAPHOBIA



# CLAUSTROPHOBIA





# AEROPHOBIA



# ACHLUOPHOBIA





**People can learn to overcome phobias by gradually facing the fears .**

**As somebody gets used to a feared object or situation, the brain adjusts how it responds and the phobia is overcome.**

