

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

Being alone **Crowds** **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.

