

# Fears & Phobias





# Ex.1,p.90 Common fears

Heights

Thunderstorms

The dark

Spiders

Bees, wasps & snakes

Flying

Going to the dentist

Needles (injections)

Being alone

Taking exams

Making public speech





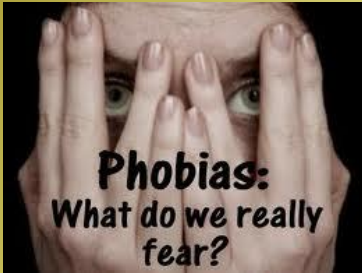
# What is Fear?

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***

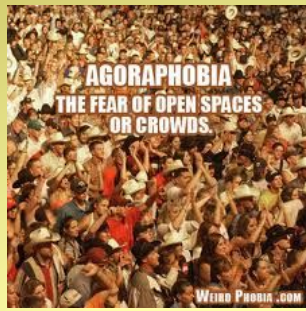


# What is a phobia?

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.



## • Fears and Phobias

- Agoraphobia
- Claustrophobia
- Acrophobia
- Mysophobia
- Xenophobia
- Arachnophobia
- Aviophobia
- Brontophobia



# Fears & Phobias

# Arachnophobia (fear of spiders)

## Арахнофобия (боязнь пауков)



fear of spiders is one of the most widespread phobias which affects considerable part of people.

страх перед пауками — это одна из наиболее распространенных фобий, которая затрагивает значительную часть людей.

# Claustrophobia or fear of the closed space. Клаустрофобия или боязнь замкнутого пространства



the fear of the enclosed space connected with thought of a trap.

боязнь закрытых помещений, связанная с мыслью о ловушке.



# Aero phobia or fear of planes

## Аэрофобия или боязнь самолетов



fear of flight. Many people suffer from this phobia that much prevents to go abroad.

страх перед полетом.  
Многие люди страдают от этой фобии, что многим мешает выезжать за границу.

# Necrophobia or fear of the dead

## Некрофобия или страх перед умершими



Only one thought of death is impossible to most of people, others fall into a panic state from uncertainty which expects them after death.

Большинству людей претит одна только мысль о смерти, другие впадают в паническое состояние от неизвестности, которая ожидает их после смерти.

# Niktofobiya or darknessfear

## Никтофобия или боязнь темноты



It is considered that niktofobiya are subject only children. But it is absolutely incorrect. Many adults not only in panic are afraid of the dark, but also carefully hide the fear for people around and from themselves.

Считается, что никтофобии подвержены только дети. Но это абсолютно неверно. Многие взрослые не только панически боятся темноты, но и тщательно скрывают свой страх от окружающих и от самих себя.

# Орфидиофобия or fear of snakes

## Офидиофобия или страх перед ЗМЕЯМИ



All people are subject to fear of snakes: they are afraid of them, don't love, are afraid of poison or the danger proceeding from them. But all this within limits.

Все люди подвержены страху перед змеями: они их боятся, не любят, опасаются яда или исходящей от них опасности. Но все это в пределах разумного.

# Dentophobia or fear of the stomatologist Дентофобия или страх перед стоматологом



stomatologic phobia – very widespread phobia to which, in a varying degree, each person is subject.

стоматологическая фобия – очень распространенная фобия, которой, в той или иной степени, подвержен каждый человек.

# Film phobia or fear of dogs Кинофобия или боязнь собак



True кинофоб doesn't show any aggression in relation to dogs. The sick person usually himself falls into a stupor or a hysterics even after demonstration of the image of a dog.

Истинный кинофоб не демонстрирует никакой агрессии по отношению к собакам. Больной человек обычно сам впадает в ступор или истерику даже после демонстрации изображения собаки.

# Нemophobia or fear of blood

## Гемофобия или боязнь крови



obsessional neurosis which is characterized by strong fear at the sight of blood. And blood can be not only on the body, but also at strangers.

навязчивое состояние, которое характеризуется сильным страхом при виде крови. Причем кровь может быть не только на своём теле, но и у посторонних людей.

# Pyrophobia fear of fire

## Пирофобия страх перед огнем



- panic fear of fire, fires; persuasive fear alive to burn down, get burns, or to lose property as a result of the fire.
- паническом страхе перед огнём, пожарами; навязчивая боязнь заживо сгореть, получить ожоги, либо лишиться имущества в результате пожара



# Arophobia or fear of height

## Акрофобия или боязнь высоты



Большинство людей с акрофобией никогда не посещает высокие места (здесь речь даже не идет о горах). Люди с акрофобией боятся подниматься по лестнице или становиться на табурет.

Most of people with arophobia never visits high places (here the speech doesn't even go about mountains). People with arophobia are afraid to walk upstairs or to become on a stool.

# The Human Spider returns to London

The daring French climber Alain Robert has climbed more than 80 of the world's highest skyscrapers, and he's brought his terrifying sport to London again. After reaching the top of Westminster's tallest building, 'Spiderman' was arrested by police. This time he was lucky because he didn't have to go to prison.

However, things haven't always been so easy. In China, Alain had to spend five days in prison after climbing the Jing Mao tower without permission. Since 'urban climbing' is generally illegal, Alain usually has to run past the security guards before he can start his adventures. Then he can't rest until he reaches the top. Sometimes, though, Alain is invited to do a stunt, so he doesn't always have to avoid the police. In 2003 he was asked to climb a 95-metre tower in London to promote the third Spiderman movie.

How did Alain become the Human Spider? As a boy, he was scared of heights but he decided to overcome his phobia, and started rock-climbing with the Scouts. When he was 12 he forgot his house keys, and he had to climb eight storeys to get in through the window. By his mid-20s, Alain could climb mountains without ropes. Then, a film-maker said Alain should try climbing buildings. So, in 1994, he climbed Chicago's highest skyscraper and the superhuman sport of urban climbing was born.



But Spiderman isn't invincible, and Alain has fallen seven times. He's broken his wrists, elbows, pelvis, nose and skull. But, despite everything, he firmly believes that people shouldn't give up. Can we all overcome our fears like this? Maybe. But even so, you mustn't try this at home!

# The Human Spider returns to London



# Ex. 2, p.90

People who suffer from xenophobia  
are afraid of foreigners

## Ex. 3, p.90


**3 Your voice** Work in pairs. Ask and answer the questions.

- 1 Are you afraid of any animals or insects?
- 2 Would you be capable of climbing a high building?
- 3 Have you ever been on an aeroplane? If so, how did you feel?
- 4 Are you good at public speaking?
- 5 Do you mind being alone in the dark?



## Ex. 4,5 p. 90

### Reading

4  66 Read and listen. Why did Alain Robert start climbing?

5 Read the summary and choose the correct words.

Alain Robert was born in (1) **London / France**. When he was young, he was afraid of (2) **the police / heights**. He started (3) **rock-climbing / urban climbing** with the Scouts. When he was (4) **12 / 20**, he climbed eight floors because he forgot his house keys. Later, in (5) **the 1990s / 2003**, he started the extreme sport of urban climbing.

# Home task

**SOCIAL SCIENCE**

**PAGE 142 (READ AND  
TRANSLATE)**