

Overview

Watch the video podcast. Do you share any fears or phobias with the people in the podcast?

1 Read the sentences below about Pasha's fears and phobias. Then watch the video podcast from 0:12-0:25 and delete the incorrect word.

Hi. Like ¹ a lot of / many people, I do have some ² small / minor fears and phobias: some things ³ worry / scare me but there's nothing ⁴ really / particularly that affects my life. ⁵ What / How about you? Do you have any fears or ⁶ worries / phobias?



Glossary: phobia = a strong, unreasonable fear of something

2 Do you have any fears or phobias? Look at the phobias 1-8 that the people in the podcast talk about. Then watch the video podcast from 0:25-1:26 and match the people (A-I) to the phobias. Some people have more than one phobia and others share the same phobia.



A Gemma



B Claire



C Chris



D Hannah



E Colin



F Chloe

G Alexandra



H Alex



I Stuart

- 1 heights C,
- 2 rats
- 3 very crowded places
- 4 pencils and the noise they make on paper
- 5 spiders
- 6 dogs
- 7 committing to marriage and children
- 8 flying

9 TROUBLE

3 How do your fears or phobias interfere with your life? Look at the people in the pictures and read the sentences. Then watch the video podcast from 1:27-2:08 and write true (T) or false (F) next to each sentence.



Marie



Gemma



Hannah

1 Marie always buys bargains in the sales.

F

2 She loves to go shopping in the sales.

1 Gemma tries not to go to crowded places.

2 She guesses where the crowds will be.

1 Hannah would plan trips that didn't involve flying.

2 She tries to fly as often as she can.



Chloe



Chris

1 Chloe wrote with a pencil at school.

2 She used to cringe when other children used a pen.

1 Chris missed the opportunity to go on a balloon ride.

2 He tried to overcome his phobia by going on a balloon trip.

4 What fear or phobia would be the most troublesome in the modern world? Read the words and phrases in the box below and use them to complete what people say in the podcast. There are THREE extra answers. Then watch the video podcast from 2:10-2:52 to check your answers.

claustrophobia trapped in a small space flying agoraphobia
 liked or loved fear of illness technophobia

Chris: I suppose not being ¹ _____ .

Stuart: I would have thought it would be something like ² _____ because it would just keep people in their homes and not being able to, sort of, integrate with society in any way.

Hannah: Perhaps, ³ _____, perhaps, especially in London because you are so 'closed in' a lot of the time, so things like lifts and also transport, so flying perhaps and using trains, tubes: I think that would probably get in the way quite a lot.

Colin: People like to move and like their freedom and I think to be ⁴ _____ is quite scary for a lot of people.

The way we speak

5 The people below talk about their fears and phobias. Read what they say and try to complete the sentences. Then watch the video podcast from 0:25-1:26 and check your answers.

Glossary: the tube = the system of trains that run underground in London; bins = containers for storing waste; blunt pencil = a pencil that is not sharp or pointed



Gemma

1 Yeah, I _____ very crowded places, like when the tube is really busy.



Claire

2 I think for me the biggest one is _____ heights, which I find really illogical, and it's something that's developed as I've got older.



Chris

3 I _____ height and, or flying, even, as well.



Hannah

4 I don't know if it's strange, but I do _____ flying.



Colin

5 I _____ spiders ... from childhood.



Alexandra

6 I'm _____ rats. And when I walked from college to my flat, there's lots of bins and lots of rats – that was _____.



Alex

7 I'd say that, probably, a _____ that a lot of people have today is, that I share, is committing: potentially looking at getting married at a young age; looking to have a family.



Stuart

8 One in particular is, dogs. I had _____ with a dog years and years ago.



Chloe

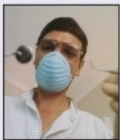
9 I have _____pencils: blunt pencils and the noise it would make on paper.

Personalisation

6 Write a short paragraph about any fears or phobias you have. Use Pasha's questions to help you and also use some of the language from the video podcast.

- Do you have any fears and phobias?
- How do your fears or phobias interfere with your life?
- What fear or phobia would be the most troublesome in the modern world?

BBC LINK



If you have a phobia about going to the dentist then perhaps an ancient Chinese remedy can help.

<http://www.bbc.co.uk/1/hi/health/8592607.stm>

