

Phobias

Activity 1

Match the following phobias with their descriptions.

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|-------------------|--|
| a. Acrophobia | 1. Fear of spiders |
| b. Aerophobia | 2. Fear of enclosed spaces |
| c. Agoraphobia | 3. Fear of open spaces and crowded public places |
| d. Arachnophobia | 4. Fear of public speaking (and social situations) |
| e. Brontophobia | 5. Fear of flying |
| f. Claustrophobia | 6. Fear of dirt and germs |
| g. Cynophobia | 7. Fear of injections |
| h. Mysophobia | 8. Fear of dogs |
| i. Social phobia | 9. Fear of heights |
| j. Trypanophobia | 10. Fear of thunder and lightning |

Activity 2

Choose the correct word in the sentences below.

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|--|--|
| 1. The film was <u>scary/scared</u> . | 3. Vampires are <u>terrifying/terrified</u> . |
| 2. She is afraid <u>of/to</u> spiders. | 4. I am <u>frightening/frightened</u> of dogs. |

Activity 3

Solve the following puzzle with your partner. Which phobia is the most common?

Brontophobia is not as common as Claustrophobia
Social phobia is more common than Brontophobia
Claustrophobia is less common than Arachnophobia
Brontophobia is not as common as Social phobia
Social phobia is less common than Arachnophobia

Activity 4

Use the following questions to begin a conversation with your partner.

1. Do you know anyone who suffers from any of the phobias above? If so, which one(s)?
2. Do you think more people have phobias than in the past?
3. Is it true that more women are phobic than men?
4. Why do you think some people develop a phobia?
5. Why do you think phobias about spiders, snakes and dogs are common?
6. Have you ever seen a film which exploited a common phobia? (For example, a film in which people are trapped in an enclosed space, or are attacked by spiders?) Tell your partner.
7. What can be done to help people who have a phobia?
8. Are phobias acceptable in your society or do people keep them a secret if possible?
9. What were you afraid of as a child? (e.g. the dark)
10. Are you afraid of anything now? (e.g. speaking in public)

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Activity 5

Go to **EnglishClub.com** and click on the 'TP Homework' icon. Use the information you find there to answer the questions below.

1. What word, in ancient Greek, does 'phobia' derive from?
2. Which of the following therapies is NOT mentioned in the TP Homework?
a) Hypnotherapy b) Gestalt therapy c) Cognitive Behavioural Therapy
3. What is the answer to the Quick Quiz?

Activity 6

'Everybody is phobic about something'. Discuss.

If you would like to express your opinion on this subject go to **EnglishClub.com** and click on the 'TP Discussion' icon to take part in the forum discussion there.

N.B. Netiquette! PLEASE CHANGE THE DEFAULT SUBJECT LINE TO INDICATE THE OPINIONS IN YOUR POST BECAUSE IN A BUSY THREAD IT HELPS PEOPLE DECIDE WHICH POSTS TO READ!

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