

# **Lesson 4. Say, No Fear!**

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## Learning Objectives

**After this lesson, students will be able to:**

- Define what deep dark fear is.
- Identify common fears and signs of fear.
- Utilize first conditionals to talk about what someone would do in some uncontrollable situations.
- Define phobias and recognize its common kinds.
- Discuss idiomatic expressions related to fear.
- Practice tongue twisters and minimal pairs.

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**Which among these do you consider the most scary? Why?**

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## DEEP DARK FEARS

A lot of people have their own fears but not everybody has the same fears in their lives. Some just came up naturally and some came up due to their memorable experiences they don't want to happen again. Some are serious, some are controllable.

### Examples:

Fear of death, Fear of Pets, Fear of Heights, etc.

What scares you the most?

Why are you scared of it?

Does it always bother you?

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## Matching Exercise

Fear of Dogs	to	Can't go to high places like tall buildings and mountains.
Fear of Heights		Don't want to get injured.
Fear of Death		Can't even touch or pet it.
Fear of Blood		Wanting to be with someone.
Fear of Love		Don't want to collect talking or walking toys.
Fear of Dolls		Don't want to be in danger.
Fear of Being Alone		Comes from a great love.
Fear of Losing Someone		Don't want to fall for someone.

What common fears do most people have?



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## Common Signs of Fears



- ❖ Shaky hands
- ❖ Blushing cheeks
- ❖ Memory Loss
- ❖ Nausea
- ❖ Knocking knees
- ❖ Trembling
- ❖ Sweating
- ❖ Shortness of Breath
- ❖ Dry Mouth
- ❖ Need to go to the toilet
- ❖ Confusion or disorientation
- ❖ Butterflies in the stomach

Do you recall experiencing any of these common signs of fear? When and Why?

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What signs of fear would people experience in the following situations?



Public Speaking



Nightmares



Flying



First Date



Examinations



Thunderstorm



Roller Coaster Ride



Dental Appointment

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## The Odd Fear

My friend isn't afraid of spiders in any normal way. She isn't just afraid of spiders, she is totally, completely and utterly terrified of them. When my friend sees a spider she doesn't just go "uurghh!" or run away, or ask someone else to get rid of the horrible creepy crawly. No: she screams as loud as she possibly can.

She screams so loud that her neighbours worry about her, and think about calling the police. When she sees a spider, she shivers all over, and sometimes she freezes completely – she can't move at all because she is so terrified. Sometimes she even faints.





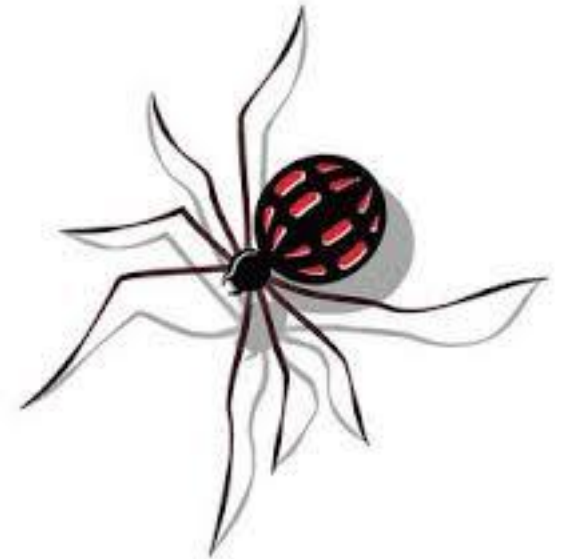
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## TRUE or FALSE

1. Her friend doesn't have a normal fear of spiders.
2. Her friend runs away when she sees a spider.
3. Her friend ask someone else to get rid of the spider.
4. Her friend screams as loud as she possibly can when she sees a spider.
5. Her friend's neighbors worry about her.
6. Her friend's neighbor called the police.
7. Her friend is unable to move when she sees a spider.
8. Her friend will see a doctor.

## What about you?

1. Do you think it is odd to be frightened of spiders?
2. Do you have arachnophobia?
3. What creatures are you afraid of?
4. What do you think people develop fears of some animals or creatures?
5. Do you think her friend can get over her fear? Why or Why not?



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The *first conditional* is a structure we use when we want to talk about possibilities in the present or in the future.

## The structure of first conditional:

"If" Clause	Main Clause
If + present simple + comma	Subject + will/other modal + base verb.
If it rains,	I will stay home

Main Clause	"If" Clause
Subject + will/other modal + base verb	If + present simple.
I will stay home	if it rains

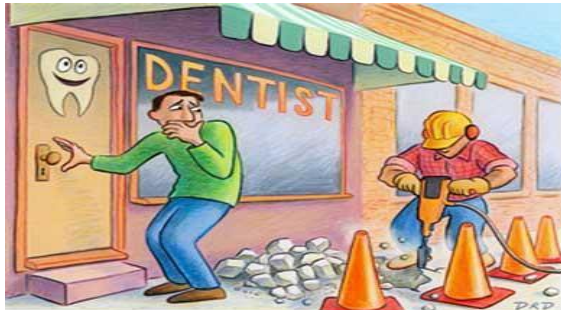
These are some uncontrollable situations you might experience.

## If I.. , I will or I will... if

- ❖ Eating or drinking with other people.
- ❖ Travelling alone or by bus.
- ❖ Being watched or stared at.
- ❖ Going alone far from home.
- ❖ Speaking or acting in front of a lot of people.
- ❖ Going to a hospital.
- ❖ Asking or Talking to a stranger.
- ❖ Waiting alone for the bus or taxi to arrive.
- ❖ Having a surgery.
- ❖ Having a stalker.

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Answer the questions below and discuss your answer. Use the expressions learned.



Are you **scared of** going to the dentist?



Have you **got fear of** giving speech in public?



Do ghosts **terrify** you?



Does the dark **frighten** you?



Are you **afraid of** heights?



What kind of things make you **nervous**?

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Answer the questions below and discuss your answer. Use the expressions learned.



Do you **get a fright** when seeing certain insects or animals?



Are you **scared of** getting old? Why?



Is there any person you are **afraid of**?



Are you **afraid of** speaking English?



Do you **get a fright** when watching horror movies?



What things were you **terrified of** when you were young?

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Everyone feels anxious or uneasy from time to time. Your first day on a new job, planning for a long trip, going to the dentist...your palms sweat, you feel shaky, your heart pounds. Some anxiety helps to keep you focused on the job at hand. However, when your anxiety is so serious that it interferes with your work, leads you to avoid certain situations or keeps you from enjoying life, you may be suffering from a form of the most common type of mental disorder, an anxiety disorder.

A **phobia** is a type of anxiety disorder, defined by a persistent fear of an object or situation.

**1. Arachnophobia:**

The fear of spiders.

**2. Ophidiophobia:**

The fear of snakes.

**3. Acrophobia:**

The fear of heights.

**4. Agoraphobia:**

The fear of situations in which escape is difficult.

**5. Cynophobia:**

The fear of dogs.

**6. Astraphobia:**

The fear of thunder and lightning.

**7. Trypanophobia:**

The fear of injections.

**8. Social Phobias:**

The fear of social situations

**9. Pteromerhanophobia:**

The fear of flying.

**10. Mysophobia:**

The fear of germs or dirt.

# Lesson 4. Say, No Fear!

Whatever it is that scares you, here are 10 ways to help you cope with your day-to-day fears and anxieties.

1. Take time out
2. Breathe through panic
3. Face your fears
4. Imagine the worst
5. Look at the evidence
6. Don't try to be perfect
7. Visualise a happy place
8. Talk about it
9. Go back to basics
10. Reward yourself



*Take a time out*



*Reward Yourself*

Source: <https://www.nhs.uk/conditions/stress-anxiety-depression/overcoming-fears/>

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I've never seen anyone so easily scared. She's ***afraid of her own shadow!***



I get nervous at the dentist's and usually ***break out in a cold sweat.***

The look in the prisoner's eye ***made my blood run cold!***



My son is doing his driving test today. Needless to say he's a ***bundle of nerves!***



**Guess the meaning of each idiom.**

# Lesson 4. Say, No Fear!

1. What three things are you most fearful of in this world?
2. Have you ever been so scared that you were “paralyzed by fear”?
3. Are you most fearful of the things you can’t control?
4. Do you think fear is based on the known, the unknown or both?
5. Do you fear the truth or would you prefer to live by a lie?
6. Did the fears you had as a child go away as you grew older?
7. How do you cope with your fears?
8. In the past when you have gotten over a fear, did you look back and think you were foolish?
9. Some people are motivated by fear, the fear of the unknown or the fear of succeeding.
10. Have you ever been motivated by fear throughout the years?



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## Tongue Twisters



Fancy Nancy didn't fancy doing fancy work.  
But Fancy Nancy's fancy aunty did Fancy Nancy  
doing fancy work.  
So Fancy Nancy did fancy work for Fancy Nancy's  
fancy aunty

Five fat French fleas freeze.  
Five fat French fleas freeze.  
Five fat French fleas freeze.

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## Minimal Pairs

near	dear
beer	deer
meal	teal
rare	care
fair	hair
bare	mare
Blair	flair
bee	tee

flee	glee
mill	hill
sneak	speak
spill	still
bleed	gleed
fright	bright
creek	Greek
stream	cream

bed	red
back	rack
beach	reach
bench	wrench
bear	wear
boast	roast
burst	worst
tart	dart

**The End**