



LESSON 5. FEARS AND JOY

A **phobia** is an extreme, irrational fear of a specific object or situation. A phobia is classified as a type of anxiety disorder, since anxiety is the chief symptom experienced by the sufferer.



Happiness is a mental or emotional state of well-being defined by positive or pleasant emotions ranging from contentment to intense joy. Happy mental states may also reflect judgments by a person about their overall well-being.

1. What causes people to have phobia?
2. Happiness is a state of mind. Agree or Disagree?



Listening 6.1

Listen to the passage and fill the gaps with the correct word/s.

Australians are the (1)_____. This is according to a new survey from the (2)_____. GfK NOP. Interviewers asked (3)____. people in 30 different countries about their (4)_____. Forty-six percent of Australians said they were “(5)_____.” Following them was the USA (40 percent), Egypt (36 percent), India (34 percent) and the UK and Canada (32 percent). Hungary finished top of the “(6)_____.” list. Thirty-five percent of its citizens said they were “(7)_____.” Second most miserable were Russians, at 30 percent.

The research showed that (8)_____ affected how happy people are. The study did not show that (9)_____. but it did (10)_____ a link between a lack of money and unhappiness. Unhappier people were in (11)_____ or (12)_____. The study also suggested the older we become, the less happy we are. (13)_____, teenagers are the happiest people. The least happy age group is 50-59 – only 16 percent of those (14)_____ said they were very happy. The things that make us happy include (15)_____, (16)_____ and a (17)_____, not cars and clothes.

Phrase Match

Match the following phrases from the article on the previous page.
(Sometimes more than one combination is possible)

1. the happiest people
 2. according to
 3. market
 4. levels
 5. Hungary finished top
 6. that money and age affected how
 7. reveal a link between a lack of
 8. lower income
 9. only 16 percent of
 10. financial
- a. money and unhappiness
 - b. research company
 - c. those in their fifties
 - d. a new survey
 - e. happy people are
 - f. groups
 - g. of the “miserable” list
 - h. in the world
 - i. security
 - j. of happiness



Rankings and Opinions

Do you agree with these opinions on happiness? Discuss.

1. Money makes you happy.
2. The older you become, the happier you are.
3. You can take lessons on how to be happy.
4. Men are happier than women.
5. Married people are happier than single people.
6. People in warmer climates are happier than people in colder climates.
7. It's hard to be happy in today's world.
8. Every country should have a Minister of Happiness.



Rank the following in order of what makes you most happy.

Good Health	Gadgets
Hobbies	A happy marriage / relationship
Sunshine	Your favorite TV program
Your favorite food	Hanging out with Friends
Money	Travelling

Reading Activity



Fill in the blanks with the correct word in the box.

A new **(noun)** from an internet-based market **(noun)** company shows the things British people are most afraid of. Top of the list is heights. Over half of the people who took the survey said they had acrophobia – the medical name for the fear of heights. In second place was a fear of snakes, with 21 per cent of people saying they were "very afraid" of the **(adjective)** creatures. The third biggest fear was public speaking, with 20 **(noun)** being "very afraid" and 36 per cent being "a little afraid" of speaking in public. Other things that frighten people most include spiders, mice, needles and injections, the **(noun)** of blood, flying, and being in small spaces. Number 10 on the list was coulrophobia – the fear of clowns. The market research company asked over 2,000 people what they were afraid of.

They had to **(verb)** 13 **(adjective)** phobias from "not at all afraid" to "very afraid". The researchers found that there were big differences between what men and women were afraid of, and what frightened old and young people. The researchers said: "All are not created **(adjective)** when it comes to fears." The survey showed that more women than men were afraid of things, especially spiders. These scare a third of men and about half of women. Age **(noun)** showed young people were more likely to be afraid of **(adjective)** speaking. Those in the older age groups were more likely than younger people to be afraid of heights.

differences

equal

common

slippery

public

survey

research

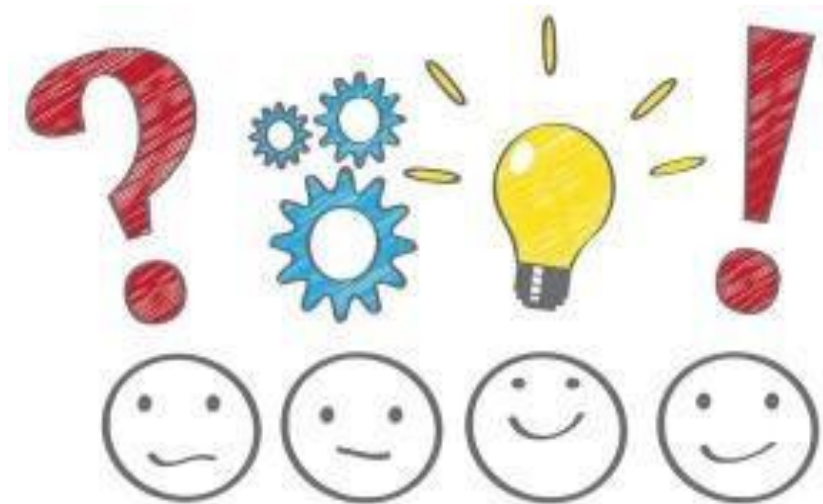
rate

sight

percent

Identify whether the following statements are true or false .

1. What kind of company made this survey?
2. What are people afraid of if they have acrophobia?
3. What was number three on the list of fears?
4. What are people afraid of the sight of?
5. Where on the list was the fear of clowns?
6. How many people took the survey?
7. How many phobias did people have to rate?
8. What groups of people were frightened of different things?
9. How many men were afraid of spiders?
10. Who was more likely to be afraid of heights?



How can we help people overcome these phobias?

Public Speaking

Snakes

Heights

Injections

Dogs

The sight of blood

Spiders

Unscramble the letters and tackle about the phobias.

1. The excessive fear of **RPDESR** or other **DSICHNARNA** like **SSPIONSCRO**.
2. The fear of **KESNSA** is the second most common zoophobia.
3. The irrational fear of **IGHETHS** or the fear of.
4. Nearly 2 out every 100 Americans suffers the fear of **ONPE** or **WDCRDEO PSSCEA**.
5. The **EETERXM** fear of **GDSO** is one of the most **NMOOMC INLAMA** phobias **ODRUNDA** the **ODRLW**.
6. The fear of **RTNDHUE** and **INGGLTHI** is also called *Brontophobia*.
7. This phobia is mainly related to the fear of **FUSHTNOFOAC** or the fear of **TRRCITOINSE**.
8. The **VESESXEEC** fear of **EMSGR** which is often closely related to **SVOSSEE VCSLUPMOEI DDROSIER** (OCD).
9. The fear of **GLFIYN** which affects nearly 6.5% of the world's **NOPIATPNU**.
10. **LBCAIGOOL** revulsion and **LYLUTRCUA** learned fears **MYPARIR** cause the extreme and **LORIRATINA** fear of **LHSEO**.

1. *Arachnophobia*
2. *Ophidiophobia*
3. *Acrophobia*
4. *Agoraphobia*
5. *Cynophobia*
6. *Astraphobia*
7. *Claustrophobia*
8. *Mysophobia*
9. *Aerophobia*
10. *Trypophobia*



Listening 6.2

Listen to various people talking about their fears and answer the questions.

- 1) Adrienne doesn't like snakes _____.
 - a) in her apartment
 - b) as a design
- 2) Why doesn't Conrad like snakes?
 - a) They're mean
 - b) They're ugly
- 3) Sharks made Peter afraid of _____.
 - a) fishing
 - b) swimming
- 4) Peter is afraid of _____.
 - a) High places
 - b) Parachutes
- 5) What is Skip scared of?
 - a) A big city
 - b) Criminals
- 6) Why is Barbara scared of cockroaches?
 - a) They're hard to kill
 - b) There's never just one

7) What are people NOT afraid of?

- | | |
|-----------|------------|
| a) flying | c) insects |
| b) fire | d) animals |

Vocabulary Challenge

incidents • startling • creepy
slimy • paranoia

1. He has had a number of _____ in class recently.
2. After I found a bug in my lettuce I developed a _____ about eating salads.
3. Oysters are too _____ for me to eat. They make me want to vomit.
4. I'm sure the basement in this apartment building is full of _____-crawly creatures.
5. It was very _____ to find him in my house because he didn't have a key

ACTIVE vs. PASSIVE VOICE

Active Form

In active sentences, **the thing doing the action is the subject of the sentence** and **the thing receiving the action is the object**. Most sentences are active.

Passive Form

In passive sentences, the **thing receiving the action is the subject of the sentence** and **the thing doing the action is optionally included near the end of the sentence**. You can use the passive form if you think that the thing receiving the action is more important or should be emphasized. You can also use the passive form if you do not know who is doing the action or if you do not want to mention who is doing the action.

[Thing doing action] + [verb] + [thing receiving action]

The professor **teaches** **the students.**
subject verb object
doing action receiving action

John **washes** **the dishes.**
subject verb object
doing action receiving action

[Thing receiving action] + [be] + [past participle of verb] + [by] + [thing doing action]

The students **are taught** **by the professor.**
subject passive verb doing action
receiving action

The dishes **are washed** **by John.**
subject passive verb doing action
receiving action

Determine whether the following sentences are in Active or Passive voice.

1. This ancient Inca site had been constructed on a narrow strip of land between two mountain peaks in Peru.

- A. Active Voice
- B. Passive Voice

2. For a long time, Machu Picchu was called “the lost city of the Incas.”

- A. Active Voice
- B. Passive Voice

3. Now, however, archaeologists consider that label inaccurate.

- A. Active Voice
- B. Passive Voice

4. A motorcycle is ridden by Peggy, a proper and well-respected librarian.

- A. Active Voice
- B. Passive Voice

5. One day, Cinderella met Prince Charming.

- A. Active Voice
- B. Passive Voice

6. Which sentence is written in active voice?

- A. Janice will present her research at the conference.
- B. Research will be presented by the conference.

7. Which sentence is written in active voice?

- A. The brakes were slammed on by her as the car sped downhill.
- B. She slammed on the brakes as the car sped downhill.

8. Which sentence is written in active voice?

- A. On Monday, a secret about Eddie was learned.
- B. We learned a secret about Eddie on Monday.

9. Which sentence is written in active voice?

- A. Paige was annoyed by Mark’s violent outbursts.
- B. Mark annoyed Paige with his violent outbursts.

10. Which sentence is written in active voice?

- A. Action on the bill is being considered by the committee.
- B. The committee is considering action on the bill.

Determine whether the following sentences are in Active or Passive voice then rewrite the sentence using the opposite voice.

1. I ate a piece of chocolate cake.
2. The librarian read the book to the students.
3. The money was stolen.
4. They are paid on Fridays.
5. The computer is used by Patrick.
6. The movie is being made in Hollywood.
7. I washed my car three weeks ago.
8. John cleaned the bathroom.
9. His hair was cut by a professional.
10. I will introduce you to my boss this week.
11. It would have been fixed at the weekend.
12. The electricians test the fire alarm.
13. The president was elected by the people.
14. This book was written by an Irishman.
15. The national anthem is being sung by Jason this time.

Vocabulary Activity

Use these expressions in a sentence

goose bumps	ecstatic	both sides of the coin
heart misses / skips a beat	be scared/afraid / frightened of sth	walking on sunshine
satisfaction	financial stability	triumphant
euphoria	on cloud nine	over the moon
traumatic	unknown entities	on top of the world
extreme rides	tickled pink	bundle of nerves
mental state	freak out	anxiety disorder

1. What is your biggest fear?
2. What relieves you from extreme fear?
3. What is something that makes you happy? Why does this thing make you happy?
4. What affects your levels of happiness?
5. Why do people watch movies that make them feel afraid?
6. If someone you care about is feeling sad, what can you do to help them feel happy?
7. How do you express that you are feeling happy?
8. How do you express that you are feeling frightened?
9. Do you think it is advisable for young children to watch horror movies?
10. Tell a story about a time you have recently felt ecstatic.
11. Tell a story about a time you have recently felt very scared.

The End