

**Think about it!**

What's the scariest situation you've been in? How did you react? Do you have any phobias? What are your tips for overcoming phobias?

# PRACTICAL ENGLISH

## EXPRESSING FEAR

This month, we're looking at ways to express fear.

### Expressing fear

- I'm scared of heights.
- I'm terrified of being stuck in a lift.
- I'm frightened of flying.
- I've got a fear of flying.
- I'm petrified of spiders.
- I'm terrified of the dark.
- I'm scared of him.
- I've got this irrational fear of clowns.
- I can't bear to be in a room with spiders.
- I can't stand being in high places.
- He's got a phobia about flying.
- It was really scary!
- It was frightening!

### Trying to reassure someone

- Come on, there's nothing to worry about.
- Don't worry!
- What's the worst that could happen?
- They can only say no.
- Calm down!
- Take it easy!

### Desperate measures

- Help!
- Run!
- Run for your life!



THIS ISN'T FUNNY!

ARE YOU SCARED TOO?



### Dialogue: The Flight

Trevour is on a plane that's about to take off. He's feeling a bit nervous so he starts talking with Jim, the passenger next to him. [Listen and complete with the correct prepositions.]  
T=Trevour J= Jim

- T: All right?  
J: Morning.  
T: Off to Thailand, are you?  
J: Certainly am. And you?  
T: Yep... erm... *[laughs nervously]* I just hope the plane doesn't crash (1) \_\_\_\_\_ we get there!  
J: *[laughing]* That wouldn't be a great start (2) \_\_\_\_\_ the holiday, would it?  
T: No. I hope it's a smooth flight. I can't stand the turbulence.  
J: Oh, I love it! It's like being (3) \_\_\_\_\_ a rollercoaster!  
T: It's just that I get really scared during the take-off and landing.  
J: Sounds like you've got a fear (4) \_\_\_\_\_ flying.  
T: I'm terrified of it!  
J: Take it easy! You've got nothing to worry about! You've got more chance of dying (5) \_\_\_\_\_ a car than a plane.  
T: I know. I wish I could be as calm as you.  
J: Well, if it makes you feel any better, I've got a few fears (6) \_\_\_\_\_ my own.  
T: Really?  
J: Yeah, well, I'm scared of spiders, elevators, open spaces, fish, crowds, plus a few other things. Oh, and I also suffer (7) \_\_\_\_\_ coulrophobia.
- T: What's that?  
J: An irrational fear of clowns.  
T: Clowns? So, what happens when you see one?  
J: I tense (8) \_\_\_\_\_. And if the clown comes too close, I start screaming. But I love flying!  
T: Lucky you. I think I'll order a drink to calm my nerves.  
J: I'd prefer you didn't.  
T: Why?  
J: I also suffer (9) \_\_\_\_\_ methyphobia, an irrational fear of alcohol. Vodka, gin, brandy, beer, wine... Just saying the names **gives me the creeps**.  
T: Oh, OK. Then, I'll just read my book.  
J: Best if you didn't. Bibliophobia. Fear of books. If you open a book, I'll break (10) \_\_\_\_\_ in a cold sweat.  
T: Oh. Erm, you aren't afraid of germs, are you?  
J: Germs? **Are you kidding?** Not at all!  
T: Great, then you won't mind holding my hand during take-off.

### GLOSSARY

to give you the creeps *exp*  
if something "gives you the creeps", it makes you feel frightened  
are you kidding? *exp*  
are you joking?