

UNIT 8

Unit 8, Psychology, The Q Classroom

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Teacher: The Unit Question for **Unit 8** is “When is it good to be afraid?” So, when are you afraid? Yuna?

Yuna: I’m afraid of spiders, and I’m afraid on airplanes.

Teacher: Are those good fears?

Yuna: No.

Teacher: Why not? Marcus, do you think it’s good for Yuna to be afraid of spiders and airplanes?

Marcus: Well, um, spiders and airplanes aren’t usually dangerous. Most spiders don’t hurt people, and most airplanes don’t crash. Those fears can make you unhappy for no reason.

Teacher: Good point. Is it ever good to be afraid? Felix?

Felix: Well, it’s good to be afraid of things that can actually hurt you—like dangerous sports, for example. It can make you more careful.

Teacher: What do you think, Sophy? When is it good to be afraid?

Sophy: I agree with Felix. It’s good to be afraid of things that can hurt you. Our fear keeps us safe. But sometimes we’re afraid even when we aren’t really in danger. Like Yuna knows that most spiders can’t hurt her. But some can, and that’s why she is afraid of them.

Unit 8, Listening 1, Activity A, B

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Presenter: Welcome, ladies and gentlemen. Thank you for coming today. The title of my presentation is “The Science of Fear.” First, I’m going to discuss some of the different types of fear. Then I’ll talk about the physical effects of fear—that is, what happens in our bodies when we feel fear. And finally, I’ll go over the **purposes** of fear—why we feel fear and what it does for us.

All right. Let’s first start with the question, what is fear? Fear is an emotion, like happiness, sadness, or love. We, humans, feel fear when we believe that we are in some kind of danger. The situations that make us feel fear may be different depending on the person. For example, one person may be afraid of flying in an airplane, and so feels fear when he or she travels. However, another person may have no fear at all of flying. Different people are afraid of different things.

There are also several different types of fear. For example, **anxiety**—or worry—is a common type of fear. This is when we feel fear about something that may happen in the future. The most common anxieties are about money,

work, and personal relationships. Panic is another type of fear. Panic is a sudden, strong feeling of fear. When we **panic**, the fear takes over our body and mind, and we can't think clearly. Another kind of fear is a **phobia**. A phobia is a very strong fear of a particular person, place, or thing. For example, people may have a phobia of animals, such as snakes or spiders, or they may be afraid of a situation, such as being in a high place or being closed in a small space. Some people can **get over** their phobias with the help of a doctor.

One thing that's important to remember, though, is that fear isn't always a *bad* feeling . . . some people actually *enjoy* feeling fear, like people who enjoy horror movies. They feel excited by fear, and it gives them a kind of energy. OK. Does that make sense? Can I move on to the effects of fear?

Audience: Yes/Uh-huh/Yeah

Presenter: All right. You probably know what you feel like when you feel afraid. But what's really going on inside your body? When you first feel fear, your brain quickly makes chemicals that cause different physical reactions. First, your body gets warmer, and you begin to **sweat**. Soon after that, you may be able to hear your heart beating in your ears, and you may even feel it in your chest. This is because your heart beats much faster than usual. Your body becomes strong and tight all over. You may even be able to do amazing things. For example, you may suddenly see, smell, or hear very well, or you may have the **strength** to lift something very, very heavy. There are many stories of people who lifted cars or other heavy objects to save a person who was underneath them.

Audience: Wow! Hmm. Interesting.

Presenter: Now, let's discuss the purpose of fear. Why do we feel fear, and what does it do for us? We know that we usually feel fear when there is some kind of danger. When our bodies react to fear, we suddenly have energy and strength to fight—or, if we choose, to run away from the danger. So, we can say that the basic purpose of fear is to **protect** us from danger. OK. Is that clear? Are there any questions?

Audience member: Yes. I have a question. . . .

Unit 8, Listening Skill, Activity A

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Excerpt 1

Presenter: All right. Let's first start with the question, what is fear? Fear is an emotion, like happiness, sadness, or love. We, humans, feel fear when we believe that we are in some kind of danger. The situations that make us feel fear may be different depending on the person. For example, one person may be afraid of flying in an airplane, and so feels fear when he or she travels. However,

another person may have no fear at all of flying. Different people are afraid of different things.

Excerpt 2

Presenter: The most common anxieties are about money, work, and personal relationships. Panic is another type of fear. Panic is a sudden, strong feeling of fear. When we **panic**, the fear takes over our body and mind, and we can't think clearly. Another kind of fear is a **phobia**. A phobia is a very strong fear of a particular person, place, or thing. For example, people may have a phobia of animals, such as snakes or spiders, or they may be afraid of a situation, such as being in a high place or being closed in a small space. Sometimes people can **get over** their phobias with the help of a doctor.

Excerpt 3

Presenter: When you first feel fear, your brain quickly makes chemicals that cause different physical reactions. First, your body gets warmer, and you begin to **sweat**. Soon after that, you may be able to hear your heart beating in your ears, and you may even feel it in your chest. This is because your heart beats much faster than usual. Your body becomes strong and tight all over. You may even be able to do amazing things. For example, you may suddenly see, smell, or hear very well, or you may have the **strength** to lift something very, very heavy.

Excerpt 4

Presenter: OK. Is that clear? Are there any questions?

Audience member: Yes. I have a question. You talked about horror movies. What are some other examples of things people do because they want to feel fear?

Presenter: Well, let's see. . . . Another common example is going on fast rides and roller coasters at theme parks. Many people love the feeling of moving very, very fast. It's scary, but it's also exciting and fun. Some people may drive very fast cars or motorcycles. There are also many sports that people actually enjoy because they are scary or dangerous— some examples of those are adventure sports such as skydiving and bungee jumping. Those are just a few examples. Does that answer your question?

Audience member: Yes, thank you.

Unit 8, Listening 2, Activity A, B

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Receptionist: Marcie Davis—the doctor is ready to see you now.

Marcie: Oh. OK. Thank you.

Doctor: Hi, Marcie. Come on in. You can have a seat right here.

Marcie: Thank you, Doctor Travis.

Doctor: OK, let's see. This is your first visit . . . so . . . today, I'd like to hear about what's **bothering** you, and we can begin to talk about ways to help you get over your phobia.

Marcie: OK. That sounds good.

- Doctor:** So . . . Can you describe the problem and tell me when it first started . . . ? Go ahead. I'm all ears.
- Marcie:** All right. Um . . . let's see. Well, the problem is that I'm **terrified** of high places. It started when I was about 12 years old. I had this dream—a **nightmare**, actually. In the nightmare, I was on top of a tall building looking down over the city. There was no way down. I started to panic . . . I started falling so fast . . . I felt so terrified. When I woke up, I was sweating and shaking like a leaf. I still have that same nightmare . . . often. Sometimes I can't sleep at night.
- Doctor:** Uh-huh. I see. And, can you tell me about some of the situations that make you feel afraid?
- Marcie:** Well, I can't stand being up above the **ground**—even just a little bit. I can't do the things **normal** people do. I can't go hiking; I can't go inside tall buildings.
- Doctor:** Hmm. It sounds like this phobia—this strong fear of high places—has a very **negative** effect on your life.
- Marcie:** You can say that again. It really makes my life difficult. There are so many things I want to do, but I just can't. . . . Last week a group of my friends went rock climbing. Of course they invited me, just to be nice, but they knew I wouldn't go. And a few months ago, I found a great job online. It was the **ideal** job for me. But the company was all the way on the other side of town. If I got the job, I'd have to drive across the Springfield Bridge every day! I can't cross a big bridge like that! So, I guess I'll just keep the job I have—even though my boss drives me crazy.
- Doctor:** Marcie, I can understand your feeling upset over this. This is a very common phobia, and people do get over it. It will take some time, but I think slowly you *can* learn to live a normal life.
- Marcie:** Really? Oh, I hope so. What do I need to do?
- Doctor:** Well, to get over a phobia, you have to stop avoiding the things that scare you. In your situation, you need to begin to see and visit high places. I'll help you with this... We'll start slowly. For example, we'll begin by looking at some photos of high places. You may have a hard time looking at the photos at first, but you will **get used to** it before you know it. Then when you're ready, we'll begin with some real experiences. We'll go upstairs to the second floor, and we'll just look out the window...Then we'll...

Unit 8, Pronunciation, Example 1

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you are
who is
go up

Unit 8, Pronunciation, Example 2
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I am
she is
we aren't

Unit 8, Pronunciation, Activity B
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1. Are you afraid of bats?
2. Why are you scared of snakes?
3. Julio is afraid of high places.
4. She always screams when she hears thunder.
5. Do you know anyone here?
6. He is making me nervous.
7. I don't see anyone I know here.
8. I know three other people who have a phobia of closed spaces.

Unit 8, Unit Assignment, Consider the Ideas
iQ Online Resource

A: Last summer, after I graduated from college, I took a camping trip to the Green Mountains. I went with two of my best friends, Julian and Jake. We wanted to make sure we were not close to other hikers, so we hiked really far into the trees. It was so beautiful out there in the woods. Anyway, one night, we were sleeping, and we heard something outside our tent.

B: What was it?

A: It was a huge black bear!

B: No way! What did you do?

A: Well, I'm terrified of bears, so I panicked. . . . I was shaking like a leaf! My friends Julian and Jake knew I was scared, but they stayed calm. They tried to use their cell phones to call the emergency number, but their cell phones didn't work.

B: So, what happened?

A: Well, luckily, Jake had a radio. He turned the radio on and put the volume really high. The loud noise scared the bear away.