OVERCOMING FEARS

"The only thing we have to fear is fear itself."

Franklin D Roosevelt (1882 – 1945), 32nd American president

1. Overcoming Fears Discussion

1. What are some of your biggest fears?
2. What are children typically scared of?
3. What were you afraid of as a child?
4. Why do children fear the dark or monsters under their beds?
5. What are some scary situations you have been in?
6. How do you react when you see something frightening, or you find yourself in a scary situation?
7. Which people are you afraid of and why?
8. Do you think there is a connection between fear and prejudices?

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2. Overcoming Fears Vocabulary

- **to overcome** (verb) – *to eliminate or find a solution to a difficult situation or problem.*
- **to cope (with)** (verb) – *to eliminate or find a solution to a difficult situation or problem; to find a way to live with a problem or in a difficult situation.*
- **dread** (noun) – *a sensation of great fear.*
- **phobia** (noun) – *something that causes an extreme feeling of fear, often to the extent it prevents a person from doing something.*
- **irrational fear** (noun) – *a fear of something that is unlikely to cause harm.*
- **nightmare** (noun, adjective) – *a bad dream; a situation or person that is difficult to deal with.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun)

1. I can't go to the circus because I have an _____ of clowns.
2. I had a _____ that I was giving a presentation at work, but I was naked!
3. Andrew let Laura hold his pet tarantula in her hand to help her _____ her fear of spiders.
4. When she put her hand in her handbag, she was filled with a sense of _____ when she realised she had left all her money at home.
5. Rupert has been visiting a psychologist to help him _____ his fear of speaking in public.
6. My mother didn't come with us to the top of the Eiffel Tower because she has a _____ of heights.

Overcoming Fears vocabulary comprehension questions

1. How do you think people can overcome their fears?
2. Do you think hypnotism could help people cope with their fears?
3. When have you been filled with a sense of dread?
4. What are some common phobias?
5. Do you have any irrational fears?
6. Do you ever have nightmares? Why do you think we have nightmares?

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3. Video: How To Overcome a Fear of Flying

You are going to watch a video by Today called "Tips On How To Overcome Fear Of Flying."

Watch the video here: https://yourenglishpal.com/blog/esl-conversation-lesson-plan-overcoming-fears/

While you watch the video, answer the following questions:

Multiple choice

1. According to people who give the presenter advice, the best way to overcome a fear of flying is to…

   a) fly *b) drive* *c) stay home*

2. What are the odds of getting into a car accident?

   a) 1 in 5,000 *b) 1 in 5 million* *c) 1 in 11 million*

3. The odds of surviving a plane accident are what?

   a) nothing to worry about *b) evens* *c) very small*

4. What can you do to protect yourself if a plane goes through turbulence?

   a) pray *b) scream* *c) fasten your seatbelt*

Sentence completion

5. Planes are designed to be extremely _____.
6. One safety test for planes to check their ability to fly through turbulence is to _____ the wings up.
7. Doing an activity that uses the other hemisphere of your _____ can help you ignore turbulence.
8. During take-off, you should tense your muscles and hold your _____.

Short answer

9. What should you breathe through if you are hyperventilating?
10. Which animal has more chance of killing you than a flight according to the presenter?
11. Who can tell you how the flight will be?
12. A glass of what can help calm your nerves during turbulence?

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4. Overcoming Fears Conversation Questions

1. Have you ever overcome a fear? How did you manage it?
2. Do you think people can overcome their fears by understanding that fear better? Can you think of any examples?
3. Why do we fear the unknown?
4. If you put "the fear of God" into someone, how do you think that person feels?
5. What is the "politics of fear"?
6. Can fear be used to control people? Can you give any examples?
7. Are you afraid of speaking English? Why or why not?
8. How can someone overcome a fear of speaking English?

5. Overcoming Fears Writing Task

Write about your opinion of overcoming fears. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, you could include some of the following topics:

- The best ways to overcome a fear.
- Any fears you have overcome.
- What fears cannot be overcome.

Alternative exam essay question

Many people are trying to overcome fears. What are some common fears that people have, and how can they overcome these fears?

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