

# Science of fear vocabulary



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_



6 \_\_\_\_\_

7 \_\_\_\_\_

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10 \_\_\_\_\_



11 \_\_\_\_\_

12 \_\_\_\_\_

13 \_\_\_\_\_

14 \_\_\_\_\_

15 \_\_\_\_\_

Choose the best answer.

1. She was \_\_\_\_\_ when she saw the spider on her desk.

- A. panic
- B. fearless
- C. afraid

2. His \_\_\_\_\_ of snakes made it difficult for him to visit the zoo.

- A. fear of heights
- B. phobia
- C. anxiety

3. When the lights went out, she was \_\_\_\_\_ in the dark room.

- A. sleepy
- B. calm
- C. terrified

4. The fear of spiders caused a \_\_\_\_\_, making his heart race and his palms sweaty.

- A. feel tight
- B. anxiety
- C. physical reaction

5. She woke up in the middle of the night from a terrible \_\_\_\_\_.

- A. nightmare
- B. phobia
- C. panic

Match the words and expressions to the pictures.

- “afraid of heights”
- “social phobia”
- terrified
- “fear of flying”
- “physical reaction”
- nightmare
- “closed in a small space”
- “heartbeat goes faster”
- “get over it”
- anxiety
- “spider phobia”
- “feel tight”
- strength
- panic
- sweating

6. With time and therapy, he was able to \_\_\_\_\_ his fear of public speaking.

- A. strength
- B. feel tight
- C. get over

10. Facing her fear of flying took a lot of \_\_\_\_\_ and determination.

- A. weakness
- B. strength
- C. nightmare

7. After realizing she had a \_\_\_\_\_, she decided not to climb the tall ladder.

- A. anxiety
- B. physical reaction
- C. fear of heights

11. When he saw the snake, he began to \_\_\_\_\_ and struggled to breathe.

- A. panic
- B. nightmare
- C. feel tight

8. The thought of giving a speech in front of a large audience filled her with \_\_\_\_\_.

- A. anxiety
- B. strength
- C. terrified

12. Before his big presentation, he couldn't help but start \_\_\_\_\_ nervously.

- A. terrified
- B. strength
- C. sweating

9. Whenever she felt nervous, her chest would \_\_\_\_\_.

- A. feel tight
- B. get over it
- C. sweating

Answers: pictures

- 1 spider phobia
- 2 get over it
- 3 terrified
- 4 heartbeat goes faster
- 5 nightmares
- 6 closed in a small space
- 7 fear of flying
- 8 social phobia
- 9 physical reaction
- 10 afraid of heights
- 11 feel tight
- 12 strength
- 13 anxiety
- 14 sweating
- 15 panic

Answers: multiple choice

1. C. afraid
2. B. phobia
3. C. terrified
4. C. physical reaction
5. A. nightmare
6. C. get over
7. C. fear of heights
8. A. anxiety
9. A. feel tight
10. B. strength
11. A. panic
12. C. sweating