

# Feel the Fear!

What are your three biggest fears?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Compare your fears with your partner. Where do you think these fears stemmed from? Are they logical/illogical fears, in your opinion?

What do these people have a fear of?

1. \_\_\_\_\_ 2. \_\_\_\_\_



Do you know the names for these phobias?

1. \_\_\_\_\_

2. \_\_\_\_\_

Do you suffer from these phobias too?



## TOP 5 MOST COMMON PHOBIAS

Do you know what people with these phobias fear?

Glossophobia

Thanatophobia

Agoraphobia

Acrophobia

Arachnophobia

Match the phobias above to the fears below:

The fear of death

The fear of spiders

The fear of heights

The fear of open spaces

The fear of public speaking

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**Over 75%** of people have one of these phobias.

Which do you think is the number one phobia worldwide?



## My phobia is ruining my life!

I know it's irrational, illogical and I need to **get over it**, but I can't! I go in to cold sweats when I think about it. I have to give a presentation in front of 50 people at work. I can't **get out of it** and I'm seriously considering **pulling a sickie!** It's not just that I'm nervous, I'm petrified. My whole body almost shuts down, my throat goes dry and I **stutter** when I try to speak. What should I do?

## This is getting out of hand!

People just assume I'm unsociable. I go to public places **once in a blue moon** and when I do, I have panic attacks and get breathless, my entire body shakes, I feel dizzy, **my heart starts pounding** and I get a weird sensation that I'm **choking**. It usually happens when I enter very public places such as cinemas, shopping centres or when I take public transport. Can you help?



## It's controlling my life!

I'm heading off on holidays soon with a group of friends and I'm **dreading** it. What if my room is on a high floor in the hotel? My friends are also now talking about going climbing. They haven't a clue I have this phobia. If I go climbing, I'll shake, sweat, experience **heart palpitations** and sometimes I even cry or **yell out**. Now and again, unaware to myself, I find myself **crawling** or bending down to get closer to the ground. It's **humiliating!** What will I do?



Watch the YouTube Clip:

# FEAR FACTOR MOMENTS 'COFFIN OF FEARS'

Can you and your partner predict what the FEAR FACTOR task will be?

Would you do this task for €1,000,000? Discuss with your partner.

In your team, design another FEAR FACTOR task for your classmates. This could earn the team €1,000,000. Will they take on the task?

TITLE: \_\_\_\_\_

FEAR: \_\_\_\_\_

LOCATION: \_\_\_\_\_

TIME: \_\_\_\_\_

DESCRIPTION:  
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