

Do you have any phobias?

Yes, I've been afraid of heights since I was a child.

## 1 READING

- a Look at all the photos in this lesson. Are you afraid of any of these things?
- b Read some information from *fearof.net*, a website about phobias. Complete each phobia with the correct heading from the list.

**Fear of butterflies**   **Fear of crowds**

**Fear of doctors**   **Fear of driving**   **Fear of heights**



1

Some people with this phobia find it difficult to pass the test. Others are anxious on freeways or certain roads. In extreme cases, people are afraid of being a passenger in a vehicle.

*Comment*

2

People say that actress Nicole Kidman **suffers from** this phobia. It is closely linked to a general **fear** of insects. People with this phobia are afraid of most insects with wings, and they feel nauseous or they **panic** if they see them. *Comment*

3

This phobia is very common in young children, but adults suffer from it, too. Many are especially afraid of having vaccinations or blood tests. *Comment*

4

This fear affects nearly one in every 20 adults. People with this phobia usually avoid tall buildings, skiing, or standing on balconies. *Comment*

5

This phobia affects many people, but women more than men. These people feel very anxious or **scared** if they are in a noisy place where there are a lot of people, for example a shopping mall or a sports stadium. They often avoid these kinds of places. *Comment*

- c Now read some comments posted on the website. Match comments A–E to fears 1–5.

A



I am so scared that I haven't been to see one for more than 15 years. I hate thinking about them! I feel the same way about dentists, too. **Carl**

B



I have a fear of going over bridges, and on freeways at over 60 mph. I'm OK at 45 mph. I once went over a bridge and I had to stop in the middle – I was really **frightened**. I haven't driven that way since then, and that was seven years ago. **Becky**

C



I thought I was the only person that had this fear! I'm OK with the small ones, but I'm **terrified** of the big ones. I'm OK if they aren't close to me, but as soon as they start flying near me I run away. I like looking at pictures of them because they can be beautiful, but if they fly towards me, especially towards my face, I panic. **Mina**

D



I suffer from this phobia, and what works best for me, if I know that I'm going to be in a situation where there'll be a lot of people, is to arrive early. Then other people arrive little by little, and that helps me. The worst thing is walking into a place that is already full of people. **Simon**

E



I've had this phobia for about 20 years. It started when I was a child, about six I think. I had a bad dream where I was in an apartment building high up on a hill and I almost fell out of the window. I woke up and started crying. I haven't been to any really high places since then. Even if I imagine I'm in a high place, I feel **dizzy**. **Keith**

- d Look at the **highlighted** words in the phobias and comments and match them to the definitions.

- 1 the noun made from the adjective *afraid* \_\_\_\_\_
- 2 one adjective that means *very afraid* \_\_\_\_\_
- 3 two synonyms for *afraid* \_\_\_\_\_, \_\_\_\_\_
- 4 an adjective for the feeling that everything is going around in circles \_\_\_\_\_
- 5 to suddenly feel afraid and not be able to think \_\_\_\_\_
- 6 to be badly affected by something \_\_\_\_\_

- e Do you have or does anyone you know have a phobia? When and how did it start? How does it affect your or their life?

*My brother is really scared of flying. He gets very nervous before he flies somewhere. It started about ten years ago when...*



## 2 LISTENING & SPEAKING

- a 9.6 Listen to interviews with two women, Julia and Chloe, about their phobias. Answer the questions.

	Julia	Chloe
1 What is she afraid of?		
2 How long has she had the phobia?		
3 What does she think started it?		
4 How does/did it affect her life?		
5 Has she had any therapy?	Yes / No	Yes / No

- b Listen again. What do you find out about their therapy or why they didn't have therapy? Are their phobias better now?
- c Which of the phobias in this lesson do you think is the most rational / the most irrational?

## 3 GRAMMAR & VOCABULARY present perfect; phrases with *for* and *since*

- a Look at this extract from the first interview in 2. Answer the questions.

"How long have you had this phobia?"

"I've had it since I was about 12, so for more than 30 years."

- When did she begin to be afraid of spiders?
- Is she afraid of spiders now?
- What tense do we use to talk about something that started in the past and is still true now?

- b p.142 Grammar Bank 9B

- c Fill in the blanks with *for* or *since*.

_____ 1990	_____ a long time
_____ about 20 years	_____ ages
_____ I was a child	_____ six months
_____ May 4th	_____ a few weeks
_____ then	_____ I got up this morning
_____ 8:15	_____ five minutes

- d 9.8 Listen and check. Practice saying the phrases.

## 4 PRONUNCIATION sentence stress

- a 9.9 Listen and repeat. Copy the rhythm.

1	I've worked	I've worked here	I've worked here for ten years.
2	We've lived	We've lived in Vancouver	We've lived in Vancouver since 2012.
3	How long	How long have you known	How long have you known your best friend?

- b 9.10 Listen and write five sentences. Practice saying them.

## 5 SPEAKING

- a Look at the questions below. Which two tenses do you need to use? What are the missing words in each question?

		Name
have	/ a pet? What is it? How long / it?	
	/ a tablet? What kind? How long / it?	
live	/ in a modern apartment? How old is it? How long / there?	
	/ near this school? Where exactly? How long / there?	
know	/ anybody from another country? Where's he (or she) from? How long / him (or her)?	
be	/ a fan of a soccer team? Which team? How long / a fan?	
	/ a member of a club or organization? Which one? How long / a member?	
	/ married? What's your partner's name? How long / married?	

- b 9.11 Listen and check.

- c Move around the class and ask other students the questions. If they answer *Yes, I do* or *Yes, I am* to the first question, ask the second question. Try to find a different person for each question.

Do you have a pet? (Yes, I do.

What is it? (A dog.

How long have you had it?



## 9A second conditional: *if* + past, *would* / *wouldn't* + base form

- 1 If a cow **attacked** me, I'd **run** away.  
If she **didn't have** a dog, she **wouldn't exercise**.  
**Would** you **go** for a swim **if** there **were** sharks in the ocean?
- 2 If I **had** more time, I'd **exercise** more.  
I'd **exercise** more **if** I **had** more time.
- 3 If we **went** by car, we **could stop** at places on the way.

9.5

### be in second conditionals

With the verb *be* we can use *were* (instead of *was*) after *I* / *he* / *she* / *it*, e.g.,

If Jack **was** / **were** here, he'd know what to do.

Use *were* (not *was*) in the expression *If I were you*,...

We often use this expression for advice, e.g.,

If I **were you**, I **wouldn't** take that job.

- 1 We use *if* + past to talk about an imaginary or hypothetical future situation and *would* / *wouldn't* + base form to talk about the consequence.
  - *would* + base form is sometimes known as the conditional tense. We also use it without an *if*-clause to talk about imaginary or hypothetical situations e.g., *I'd never have a cat as a pet. They'd be happier in a bigger house.*
  - *would* / *wouldn't* = is the same for all persons. Contractions: 'd = *would* (*I'd*, *you'd*, *he'd*, etc.); *wouldn't* = *would not*.
- 2 In a second conditional, the *if*-clause can come first or second. If the *if*-clause comes first, we usually put a comma before the next clause.
- 3 We can also use *could* + base form instead of *would* + base form in the other clause.

### first or second conditional?

#### Compare the first and second conditionals:

- We use the **first conditional** for **possible** future situations.  
*If I **don't have to** work tomorrow, I'll **help** you.*  
(= It's a possibility. Maybe I will help you.)
- We use the **second conditional** for **imaginary or hypothetical** situations.  
*If I **didn't have to** work tomorrow, I'd **help** you.*  
(= It's a hypothetical situation. I have to work, so I can't help you.)

## 9B present perfect + *for* and *since*

- A Where do you live now?  
B In Tokyo.
- A **How long have** you **lived** there?  
B I've **lived** there **for** 20 years.
- A Where do you work?  
B In an elementary school.
- A **How long have** you **worked** there?  
B I've **worked** there **since** 2015.

9.7

- We use the present perfect + *for* and *since* to talk about actions and states that started in the past and are still true now.  
*I've **lived** in Tokyo **for** twenty years.* = I came to live in Tokyo twenty years ago, and I live in Tokyo now.  
We don't use the simple present in this type of sentence, e.g.,  
**NOT** *I live in Tokyo for twenty years.*
- We use *How long...?* to ask questions about the duration of an action or a state, e.g., *How long have you been married?*

### *for* or *since*?

- We use *for* + a period of time, for example, **for** two weeks, **for** ten years, etc.  
*I've had this car **for** three months.*
- We use *since* with the beginning of a period of time, for example, **since** 2014, **since** last June, etc.  
*I've been afraid of spiders **since** I was a child.*

## 9C present perfect or simple past? (2)

- 1 A How long **was** Janet Leigh married to Tony Curtis? 9.15  
B She **was** married to him for 11 years.  
A How many books **did** she **write**?  
B She **wrote** four books.
- 2 A How long **has** Jamie Lee Curtis **been** married?  
B She's **been** married since 1984.  
A What kind of books **has** she **written**?  
B She's **written** children's books.

9.15

- 1 We use the **simple past** to talk about a finished period of time in the past. Janet Leigh and Tony Curtis are dead, so **NOT** *She has been married to him for 11 years.*

- We can use *for* with the simple past for a finished period of time in the past.
- 2 We use the **present perfect** with *for* and *since* to talk about an unfinished period of time, from the past until now. Jamie Lee Curtis is still alive and still married.
- Compare the simple past and the present perfect.  
*Jack **was** married for ten years.* = Jack is not married now. He's divorced or dead.  
*Jack **has been** married for ten years.* = Jack is married now. He got married ten years ago.



## 9A

### a Match the sentence halves.

You'd feel much better **A**

- 1 I'd enjoy the weekend more **B**
- 2 If you didn't have to study for your exams, **C**
- 3 Would you really wear a suit **D**
- 4 If we took a taxi, **E**
- 5 I wouldn't work **F**
- 6 If I went to live in Tokyo, **G**

**A** if you exercised.

**B** would you come to visit me?

**C** if I bought one for you?

**D** we could go out tonight.

**E** if I didn't have to work on Saturday.

**F** we would get there sooner.

**G** if I didn't need the money.

### b Complete the sentences with the correct form of the verb to make second conditional sentences.

If I found a good job, I 'd move to the US. (find, move)

- 1 We \_\_\_\_\_ a dog if we \_\_\_\_\_ a yard. (get, have)
- 2 If you \_\_\_\_\_ Indian food, I'm sure you \_\_\_\_\_ it. (try, like)
- 3 I \_\_\_\_\_ it if I \_\_\_\_\_ it. (not buy, not like)
- 4 If we \_\_\_\_\_ a car, we \_\_\_\_\_ drive to the mountains. (rent, can)
- 5 We \_\_\_\_\_ our children more often if they \_\_\_\_\_ closer. (see, live)
- 6 I \_\_\_\_\_ to that restaurant if I \_\_\_\_\_ you – it's very expensive. (not go, be)
- 7 You \_\_\_\_\_ more if you \_\_\_\_\_ more homework. (learn, do)
- 8 I \_\_\_\_\_ to work if the traffic \_\_\_\_\_ so bad. (bike, not be)
- 9 \_\_\_\_\_ you \_\_\_\_\_ abroad if you \_\_\_\_\_ a well-paid job? (work, find)
- 10 I love living here. I \_\_\_\_\_ happy if I \_\_\_\_\_ leave. (not be, have to)

← p.71

## 9B

### a Write questions with *How long* and the present perfect.

/ you / be married How long have you been married?

- 1 / you / be afraid of flying \_\_\_\_\_?
- 2 / your sister / have her new car \_\_\_\_\_?
- 3 / they / live in this town \_\_\_\_\_?
- 4 / your dad / be a teacher \_\_\_\_\_?
- 5 / you / know your boyfriend \_\_\_\_\_?
- 6 / Spain / be in the EU \_\_\_\_\_?
- 7 / you / have / your cat \_\_\_\_\_?
- 8 / Dan / be in this class \_\_\_\_\_?

### b Answer the questions in a. Use the present perfect + *for* or *since*.

I 've been married for 20 years.

- 1 I \_\_\_\_\_ I was about 15.
- 2 She \_\_\_\_\_ three weeks.
- 3 They \_\_\_\_\_ a long time.
- 4 He \_\_\_\_\_ more than 20 years.
- 5 I \_\_\_\_\_ May.
- 6 It \_\_\_\_\_ 1986.
- 7 We \_\_\_\_\_ about two years.
- 8 He \_\_\_\_\_ last month.

← p.73

## 9C

### a Circle the correct form.

She was / She's been sick since May.

- 1 Martin left / Martin has left school two years ago.
- 2 I lived / I've lived in Vancouver for two years, but then I moved to Toronto.
- 3 Anna was / Anna's been in this company since April.
- 4 My sister had / My sister has had her baby yesterday!
- 5 I work in a travel agency. I worked / I've worked there for 20 years.
- 6 The city changed / The city has changed a lot since I was a child.
- 7 They're divorced now. They were / They have been only married for three years.
- 8 I met / I've met Sandra when I was / have been on vacation in Thailand.

### b Complete with the present perfect or simple past.

- 1 **A** Where does your brother live?  
**B** In San Diego.  
**A** How long \_\_\_\_\_ there? (he / live)  
**B** Only for six months. He \_\_\_\_\_ there last September. (move)
- 2 **A** When \_\_\_\_\_? (Picasso / die)  
**B** In 1977, I think. In Paris.  
**A** How long \_\_\_\_\_ in France? (he / live).  
**B** For a long time. He \_\_\_\_\_ Spain when he was 25. (leave)
- 3 **A** My brother and his wife get along very well.  
**B** How long \_\_\_\_\_ married? (they / be)  
**A** They \_\_\_\_\_ married since 1995.  
They \_\_\_\_\_ in college. (be, meet)  
**B** Really? What college \_\_\_\_\_ to? (they / go)

← p.75