



## Lesson 39: Afraid of Heights

### Exercise 01

#### Vocabulary

<b>scared</b>	(ADJ)	afraid of something	I'm <b>scared</b> of cockroaches.
<b>fear</b>	(N)	the feeling of being afraid	He has a terrible <b>fear</b> of spiders.
<b>phobia</b>	(N)	an extreme fear of something	My brother has a <b>phobia</b> with heights.
<b>overcome</b>	(V)	to successfully deal with a problem or feeling	You should <b>overcome</b> your weakness.
<b>before I knew it</b>	(PHRASE)	used to say that something happens very quickly and suddenly	<b>Before I knew it</b> , I was sleeping.

### Exercise 02

#### Dialogue Practice

Read the dialogue aloud with your teacher.

Camel and Alex are talking about phobias.



Alex

Hi, Alex! Are you ready for the summer camp tomorrow?



Camel

Not really. I'm afraid of climbing the mountain.



Alex

Oh, are you scared of heights?





Camel

Yes, I am. I have a phobia. I am afraid of heights. On top of that, it will be my first time climbing a mountain.



Alex

Don't worry, it's not that scary unless you look down. I'll be with you at all times.



Camel

Thank you, Alex. But I'm not sure I can do it. By the way, do you have any phobias?



Alex

I had a fear of small spaces when I was a child. I'm okay now, though.



Camel

I see. How did you overcome it?



Alex

I would practice sitting in small spaces and before I knew it, I got used to it.



Camel

I hope I will overcome my phobia someday.

### Check your understanding:

- What is Camel scared of?
- What is Alex's advice?
- What kind of phobia did Alex have when he was a child?



### Exercise 03

## Role Play

Role-play the following situation with your teacher.

### Situation:

- You are afraid of heights.
- Speak with your teacher about your phobia and ask for some advice about how to overcome it.

### Exercise 04

## Discussion

- 1) What scares you when you are alone?
- 2) What is your greatest fear?
- 3) What is the scariest experience you've ever had?
- 4) What kind of phobia do you have?
- 5) Did you have any phobias when you were a child?
- 6) Have you tried overcoming your fears? How did you do it?

