



Afraid of Heights

Conversation > Intermediate 5



Exercise 1 – Vocabulary

scared	Afraid of something.
[adjective]	<i>Ex: I'm scared of cockroaches.</i>

fear	The feeling of being afraid.
[noun]	<i>Ex: He has a terrible fear of spiders.</i>

phobia	An extreme fear of something.
[noun]	<i>Ex: My brother has a phobia of heights.</i>

overcome	To successfully deal with a problem or feeling.
[verb]	<i>Ex: You should overcome your weakness.</i>

before I knew it	Used to say that something happened very quickly and suddenly.
[phrase]	<i>Ex: Before I knew it, I was sleeping.</i>



Exercise 2 – Dialogue

Choose one character and read the dialogue aloud with your tutor.

David: Hey, Susan. Are you ready for the summer camp tomorrow?

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

David: Oh, are you scared of heights?

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

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



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

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

Susan: I see. How did you overcome it?

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

Susan: I hope I will overcome my phobia someday.



Exercise 3 – Fill in the Blanks

Choose the correct answers from the answer pool below and fill in the blanks.

Answer Pool

overcome
Before I knew it
fear
phobia
scared

1. We will _____ this problem if we work together.
2. She has a look of _____ on her face.
3. He has a _____ of flying.
4. She was _____ to death when she saw a boy run in front of her car.
5. _____, I got really tired.



Exercise 4 – Role Play

Take turns with your tutor and act out the scene described below.

Scene: You are afraid of heights, talk with your friend Bella about your phobia and ask for some advice about how to overcome it. The teacher can be Bella.



Exercise 5 – Discussion

Discuss the following questions with your tutor.

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. Have you tried overcoming your fears? How did you do it?