

# SCARY STORIES

**George:** Welcome to the campfire, everyone. I hope you're nice and comfy, because it's time to go around and tell some spine-chilling ghost stories.

**Peter:** Oh no. I'm already shaking. I'm not sure I can handle these.

**Molly:** I'd like to go first. It was a dark and stormy night, and all the campers were getting ready for bed...

**Peter:** Oh, this is so nerve-wracking. I'm about to shrik.

**Molly:** Suddenly, the power went out. Everything was pitch black. There was a loud knock at the door of one of the cabins.

**Peter:** Ah, I think I'm going to hyperventilate. Here, I'm going to need to hold someone's hand.

**Molly:** The camp counselor decided to open the door. He put his hand on the doorknob, turn it, and...

**Peter:** AHHH! I just can't take it! This suspense is killing me. I'm sorry, Molly, this is absolutely bone-chilling.

campfire | ognisko

comfy | wygodnie

spine-chilling | mrozący krew w żyłach

to handle sth | znosić coś

nerve-wracking | wykańczający nerwowo, stresujący

to be about to do sth | być o krok od zrobienia czegoś

to shriek | piszczeć, wrzeszczeć

power | prąd

to go out | paść

pitch black | całkowicie ciemno

doorknob | klamka

bone-chilling | mrozący krew w żyłach



## Fear vs Phobia

According to psychologists, fears are essentially more rational than phobias. In a recent survey, respondents indicated that their most common fears are corrupt government officials, a loved one dying, and a loved one becoming seriously ill. Phobias, though, are things that still cause anxiety but typically don't pose a realistic threat to a specific person. Apprehension towards meeting new people would be considered a phobia because it's not the specific act of meeting someone that frightens us. It's the potential judgment or humiliation that might emerge from such a situation that we fear so much.

One of the most-Googled phobias is the fear of blood. This is often expanded to include injuries or injections of any kind. People with this phobia are known to faint at the sight of blood. Another strange yet widespread phobia is tryphobia, an aversion to clusters of small holes. Experts believe this fear to be "prepared," meaning that it arose from an evolutionary need.

according to sb | według kogoś

survey *sə'vei / 'sɜ:vɪ* | ankieta

to indicate that | wskazywać, że

government official | urzędnik państwowy

ill | chory

though | jednak/że

anxiety *æŋ'zaiəti* | niepokój

threat | zagrożenie

apprehension towards sth | lęk przed czymś

to frighten sb | przerażać kogoś

judgement | osąd

humiliation | ośmieszenie, poniżenie

to emerge from sth | wynikać z czegoś

expanded | poszerzony

to include sth | obejmować coś

injury | obrażenie, zranienie

injection | zastrzyk

to faint | mdleć

at the sight of sth *ət ðə saɪt əv 'sɪŋɪŋ* | na widok czegoś

widespread | szeroko rozpowszechniony

tryphobia | tryphobia

cluster | *tʃʌ'skʌpɪsko*

hole | dziura

to arise from sth | wynikać z czegoś