

词汇: *phobias* 恐惧

What are the things that **scare** you: snakes, spiders or creepy crawlies? Or maybe you have a **fear of** heights or visiting the dentist. Although some of us just get scared or a bit nervous about these things, for others it can cause an **irrational** reaction that can't be controlled – something we call a phobia. It occurs when someone develops an exaggerated or unrealistic **sense of danger** about a situation or object.

Sometimes it's good to be aware of the possible dangers from things. Our brain alerts us to the risks that might lie ahead, but then we often **rationalise** the risks and **overcome** them. Clinical psychologist Warren Mansell told the BBC: "Our fears are **hard-wired** into our brains – we don't need to learn to be afraid of animals like snakes or spiders." But phobias are stronger than just fears. Warren says: "An area called the **amygdala** in the brain is recognising a **threat** and preparing your body for **fight or flight**." With a phobia, your **breathing** gets quicker, your **pulse** speeds up, you **sweat**, there's more glucose in your blood, increasing your energy, and your brain is unable to control these reactions.

But where does a phobia come from? Speaking to the BBC, Lauren Rosenberg, a fear and phobia expert, says: "Phobias usually are a copy behaviour from a higher authority, like a parent or teacher, or something you have learnt from your own experience." Or a **trauma** from a past event that comes back to **haunt** you.

There are many different complex phobias some people suffer from, such as **agoraphobia** – **triggered** by being away from home, **social anxiety disorder** – feeling anxious in social situations, and **iatrophobia** – fear of doctors. But how can they be overcome? **Cognitive behavioural therapy** is one option, where you gradually get used to whatever it is you fear. Lauren Rosenberg says she likes to work with people to clear their **subconscious** memory and help them breathe. But if you do have a phobia, continually trying to avoid what you're afraid of is likely to make the situation worse, so it's a good idea to find help to overcome it.

词汇表

scare	(使) 害怕
a fear of	对...害怕
irrational	不理智的, 荒唐的
sense of danger	危机感
rationalise	合理地解释
overcome	克服, 战胜
hard-wired	根植于, 天生的
amygdala	杏仁核 (产生、识别、调节情绪的脑部组织)
threat	威胁, 恐吓
fight or flight	战斗或逃跑, 或战或退
breathing	呼吸
pulse	脉搏
sweat	出汗, 流汗
trauma	精神或心理创伤
haunt	长期困扰, (使) 经常苦恼
agoraphobia	恐旷症
trigger	引起, 引发 (坏事)
social anxiety disorder	社交焦虑症, 社交焦虑障碍
iatrophobia	医生恐惧症
cognitive behavioural therapy	认知行为疗法
subconscious	潜意识的

测验与练习

1. 阅读课文并回答问题。

1. What do we normally do to overcome something we might fear?
2. How might we develop a phobia?
3. When we have a phobia, what happens to our breathing?
4. True or false? *Social anxiety disorder is a fear of feeling anxious.*
5. Why should you not continually avoid what you're afraid of?

2. 选择意思恰当的单词或词组来完成下列句子。

1. My brother can't play football because he has an _____ fear of balls.

rational	hard-wired	irrational	trauma
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2. Bad memories of my school days _____ me every time I drive past it.

haunting	haunted	haunt	haunts
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3. I'm still recovering from the _____ of being attacked by a dog.

trauma	scare	anxious	threaten
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4. When threatened by a robber in the street, I didn't know whether _____ would kick in.

fight or fight	flight or flight	fight or flight	flight and fight
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5. My friend has two cats, so when I visited her, it _____ my asthma.

iatrophobia	overcame	triggered	sweated
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答案

1. 阅读课文并回答问题。

1. What do we normally do to overcome something we might fear?

We rationalise the risks and overcome them.

2. How might we develop a phobia?

A phobia can develop from copying the behaviour from a higher authority, like a parent or teacher. It could be something you have learnt from your own experience, or from a trauma you experienced in the past.

3. When we have a phobia, what happens to our breathing?

With a phobia, our breathing gets quicker.

4. True or false? *Social anxiety disorder is a fear of feeling anxious.*

False. Social anxiety disorder refers to feeling anxious in social situations.

5. Why should you not continually avoid what you're afraid of?

Because continually trying to avoid what you're afraid of is likely to make the situation worse.

2. 选择意思恰当的单词或词组来完成下列句子。

1. My brother can't play football because he has an **irrational** fear of balls.

2. Bad memories of my school days **haunt** me every time I drive past it.

3. I'm still recovering from the **trauma** of being attacked by a dog.

4. When threatened by a robber in the street, I didn't know whether **fight or flight** would kick in.

5. My friend has two cats, so when I visited her, it **triggered** my asthma.