



## Quick Chat: Episode 006

### *Phobias*

#### Study Guide

<https://atozenglishpodcast.com/do-you-have-any-phobias/>

#### Vocabulary

<b>Facing a fear</b>	<i>To confront a situation or thing that you are afraid of</i>
<b>Outgrow</b>	<i>To become too old or too big for something</i>
<b>To plague</b>	<i>To continue to cause problems for someone or something</i>
<b>Paranoid</b>	<i>Constant fear of something that does not exist</i>
<b>Irrational</b>	<i>Illogical or unreasonable</i>

#### Fill in the blanks

**Jack:** ...If you have a \_\_\_\_\_, one of the ways they \_\_\_\_\_ the phobia is by **facing the fear** ...

**Jack:** ...She has \_\_\_\_\_ **outgrown** it a little bit...

**Jack:** I have \_\_\_\_\_ that have, um, kind of \_\_\_\_\_ me or \_\_\_\_\_ me for the past twenty years ...

**Jack:** ...I'm \_\_\_\_\_ **paranoid** about \_\_\_\_\_ kinds of things...

**Jack:** ...It's \_\_\_\_\_ just an **irrational** fear...

#### Discussion Questions

1. Do you have any fears or phobias?
2. Have you outgrown your fears or phobias?
3. If yes, how did you overcome them?
4. If not, how do you live with them?