Anxiety and fear are the normal human emotions we show when we react to stress. It is not easy to provide a definition for stress as it involves not only the things that make us anxious, such as working more (much), i.e. more than enough, or becoming ill, but also our reactions to them. When we are exposed to external stresses such as losing a job and having difficulties in marriage or family, we feel normal anxiety, also called worry. We feel worried until the problem is managed (successful). When anxiety occurs in response to a threat than external stresses, like being attacked by a stranger, it is called fear. Normal anxiety becomes abnormal when the symptoms are so worrying that they have an impact on our daily activities. Abnormal fears, sometimes called phobias, are intense (intense) fears of things which would not make the average person frightened. If we are seriously alarmed by (slight) thing, this means that we have a phobia. Therefore, it is obvious that phobic people are not (relaxed) other people in everyday life.

Our minds and bodies are (negative) affected when we are under stress. We lose concentration, we become tense and cannot focus. As a result, we become inefficient. We tend to sleep badly and get tired easily. The heart beats (powerful) usual. We suffer from muscle pain, sweating, dizziness and indigestion, which makes us feel bad. These symptoms are easily mistaken for evidence of (high) serious illnesses, like heart disease or cancer by anxious people. Thus, they feel even (bad).

Dramatic attacks of anxiety are called panic, and they influence people (unpleasant). As a result, those people may become seriously ill. When depression follows anxiety and panic, we feel sad, lose our appetite, and the future seems hopeless. A phobic has symptoms of deep anxiety or panic, but only in specific situations. The dog phobic (hard) finds breathing possible when he stands (close) to dogs, a person who is afraid of heights is fine on the ground floor, and the agoraphobic, a person who is afraid of crowds and open spaces, feels (comfortable) outside than at home.
Phobias \( \text{constant} \) make us avoid the things we fear. Avoidance might be very risky because we can’t be sure when we may have to face what we fear. Phobics usually know there is no real danger and may feel silly about their fear. Although they have some strength, they are not \( \text{strong} \) to stop it. Some people's phobias are related to repetitive obsessive thoughts which keep their minds busy all the time. For example, each time they leave home, they might have a strong desire to check that all the windows and doors are locked many times. Therefore, they might be really \( \text{late} \) for their appointments.

People who feel stressed because of anxiety, fears and obsessions often cope with them \( \text{good} \) if they recognize their causes and accept the fact that they aren’t temporary. That is, someone who is going to take a driving test can be \( \text{extreme} \) anxious but knows that the feeling will go away when the test is over. However, unless the symptoms disappear, help is often needed. Some people delay seeking help because they are afraid that they might be regarded as "mad". In fact, people with anxiety and fears rarely have severe mental illnesses, and asking for help early rather than late proves \( \text{helpful} \) in these cases.

*Adapted from MTR Seen Text 107*

**GOOD LUCK!**

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INTERMEDIATE GROUP
ANSWER KEY

1. too/very much
2. successfully
3. more immediate
4. (more/very) intense
5. the slightest/ a slight
6. as/so relaxed as
7. negatively
8. more powerfully than
9. highly
10. worse
11. unpleasantly
12. hardly
13. close
14. (much) less comfortable
15. constantly
16. strong enough
17. late
18. well/better/best
19. extremely
20. (more) helpful