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## B1 Dialog #48 Talking about fear

Hi everyone,

Today we are going to talk about fear. As always you can find the PDF transcript below in the description. Follow our podcasts on iTunes and Yandex Music. For more new dialogs subscribe to our channel.

So here we go!

(1) **What is your biggest fear for yourself? - Чего вы больше всего боитесь?**

I'm afraid of heights. It's called acrophobia.

(2) **What is your biggest fear for the world? - Какой самый большой ваш страх за мир?**

I'm afraid of the Third world war and of some big disaster like Tsunami or earthquakes.

(3) **Why do we feel fear? - Почему мы чувствуем страх?**

Because fear is a protective function of our body! It's normal to feel fear sometimes.

(4) **How often do you feel afraid? - Как часто вы боитесь?**

Not so often. Most of the time I feel safe.

(5) **Why do people have different fears? - Почему у людей разные страхи?**

Because people are different and they have different life experiences.

(6) **How do you react to fear? - Как вы реагируете на страх?**

It depends on what kind of fear it is. I'm afraid of heights and that is why I would never go skydiving.

(7) **How would you help someone to get over their fear? - Как бы вы помогли кому-то преодолеть страх?**

At first I would recommend stop provoking fears. If it doesn't help, it's better to visit a psychologist.



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(8) **Have you ever panicked with fear? - Вы когда-нибудь паниковали от страха?**

I think I haven't.

(9) **What happens to you physically and emotionally when fear takes hold of you / overcomes you? - Что происходит с вами физически и эмоционально, когда страх овладевает вами?**

My heart beats very fast. I feel it in my throat. It's not a nice feeling.

Rinat ----> Anya

(1) **Do you have any form of phobia or paranoia? - Есть ли у вас какие-либо формы фобии или паранойи?**

I have some about driving. For example, I'm really afraid of a car accident when I'd hurt someone. So I am always trying to drive safely.

(2) **What were you afraid of as a child? - Чего вы боялись в детстве?**

I used to be afraid of staying alone, when my parents went somewhere for a long time.

(3) **What things are people commonly afraid of and why? - Чего люди обычно боятся и почему?**

I think many people are afraid of snakes and other dangerous animals. I also know many people that are afraid of the dark. I think it's quite common for people.

(4) **What facial expressions accompany fear? - Какие выражения лица сопровождают страх?**

Big eyes and open mouth I think. If it's a strong fear, many people get pale.

(5) **Do you like putting yourself in situations where you can feel fear? - Вам нравится попадать в ситуации, когда вы чувствуете страх?**

No I don't. I think nobody likes situations like that.

(6) **Are you ever afraid of other people? - Вы когда-нибудь боитесь других людей?**

When I was a kid, I was afraid of strangers. Especially when they started talking to me. Now I am not afraid of other people.

The logo consists of the letters 'EWR' in a white, bold, sans-serif font, centered within a solid red square.

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(7) **Do you think society lives in fear? - Как вы думаете, общество живет в страхе?**

No, I don't think so. We live in a good time and I hope we will never live in fear.

(8) **“The fear of death is to be dreaded more than death itself.” What do you think about this quotation? - «Страх смерти следует бояться больше, чем самой смерти». Что вы думаете об этой цитате?**

I think that sometimes people worry too much about death. As a result, they can't focus on something that is more important at the moment.

(9) **What do you think having a fear of the 21st century would be like? - Как вы думаете, на что будет похож страх 21 века?**

I think the biggest fear of 21 century is the fear of a new big war.