

EXTENDED WRITING: PHOBIAS AND FEARS

B2 | Adults / Teens | Discussion Writing | 20–30 minutes | Set 2

Write developed answers. Support your ideas with reasons, examples, or a personal experience.

1. Do you have any phobias or strong fears?

2. How can someone overcome a phobia?

3. Do people in your country sometimes fear or distrust outsiders? Why?

4. What is the most common phobia, and why might it be common?

5. Do you know anybody with an irrational fear?

6. Are you superstitious? Which superstitions do you believe in?

7. What was your biggest fear as a child?

8. Why are some people less afraid than others?

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Possible B2 answers: Notice how each response gives a clear idea and support.

1. Do you have any phobias or strong fears?

Example: I do not have a severe phobia, but I dislike situations where I cannot see clearly what is happening. Recognising a fear is often the first step towards managing it.

2. How can someone overcome a phobia?

Example: Gradual exposure, professional therapy and reliable information can help someone overcome a phobia. Forcing a person into a frightening situation may make the fear worse.

3. Do people in your country sometimes fear or distrust outsiders? Why?

Example: Some people distrust outsiders when they have little direct contact with different communities. Education and positive everyday interaction can reduce stereotypes.

4. What is the most common phobia, and why might it be common?

Example: Fear of heights may be common because it has an obvious survival value. People can also develop fears after a difficult personal experience.

5. Do you know anybody with an irrational fear?

Example: I know someone who is very uncomfortable around harmless insects. They understand the fear is irrational, but the physical reaction is still genuine.

6. Are you superstitious? Which superstitions do you believe in?

Example: I am not very superstitious, although I understand why rituals can make people feel more in control during uncertain situations.

7. What was your biggest fear as a child?

Example: As a child, I was most afraid of being separated from my family in an unfamiliar place. That fear became less powerful as I gained independence.

8. Why are some people less afraid than others?

Example: Some people have a calmer temperament, more experience or better coping skills. Being less afraid does not necessarily mean that someone takes careless risks.
