

## Reading comprehension

### Just for the thrill of it

5 How would you like to speed down a mountain on a skateboard with huge wheels and no brakes? Or to jump off a 20-metre cliff into the sea? Alternatively, you might prefer something more urban, such as scaling the external wall of an office block? There was a time when such dangerous pastimes were reserved for adrenalin junkies, but in the last decade there has been a huge trend towards thrill-seeking activities, and a whole industry has sprung up to satisfy our desire for new and exciting sensations. You can now pay to be set on fire, just like a stuntman, and there's even a service in New York that offers sensation seekers the chance to experience being kidnapped.

10 So why are we so attracted to risk? 22-year-old Oliver, trainee dentist by day and urban climber by night, says, 'Today's world is so dull. There are rules and regulations governing everything we do. I just feel a need to break out sometimes.' He explains that although he is actually quite afraid of heights, he positively enjoys the fear sensation. 'I like the adrenalin rush - the racing heart, the butterflies in your stomach - it makes me feel alive.' For 17-year-old cliff jumper Tamsin, the attraction to dangerous sport is the sense of achievement you have after you've got through the experience, 'The exhilaration you feel is totally indescribable.'

15 According to psychologists, the urge to take risks is something that has been passed down to us by our prehistoric ancestors for whom risk-taking was essential for survival. Although modern life presents us with very few dangers, that instinct still remains in some people, who are said to have a type T (thrill-seeking) personality. These people crave new and exciting experiences and don't like routine. Studies also suggest that type T personalities are often more sexually attractive, have more friends and are more successful in their careers. It is a characteristic that is more common in men than women and it tends to peak in the late teens and early 20s.

20 But are these extreme activities as dangerous as people believe? Not according to Oxford professor Martin Bates, whose research into risk-taking has shown that people often miscalculate risks. 'Of course the risks are there, but as long as you've got the right equipment, they are no greater than in many of the more mainstream sports, such as horse riding or ice hockey. People aren't so worried about the risks involved in these sports because they are familiar with them. However, when it comes to less familiar activities, they imagine the risks to be greater.'

25 Whatever the real risk level, the fact remains that extreme adventure activities are becoming ever more popular, and as life becomes safer and safer, adventure sport companies will have to come up with ideas for riskier forms of excitement. Who knows what will come next? For the next generation of sensation seekers, the sky is the limit.

**Read the text quickly and choose the most appropriate heading for each paragraph. One heading is not needed.**

1. How dangerous are extreme sports in reality?
2. The future of extreme activities
3. The increasing popularity of thrill-seeking activities
4. Jobs that involve risk
5. Two thrill seekers explain
6. Thrill-seeking - is it in our genes?

**Mark the sentences T (True) or F (False), Explain your answers.**

1. Fewer people are taking up extreme sports than in the past.
2. Oliver's desire to take risks is a reaction against a society that in his opinion has become too safe.
3. For Tamsin, the best part of cliff-jumping is the amazing feeling you get as you fall through the air.
4. According to psychologists, people used to do dangerous things for pleasure in prehistoric times.
5. People with type T personalities find ordinary life boring.
6. According to Martin Bates, people often worry more about things they don't have much experience of.

**Find words or expressions in the text which match the definitions.**

- |                                      |                    |
|--------------------------------------|--------------------|
| 1. climbing                          | 4. euphoria        |
| 2. people addicted to thrill-seeking | 5. strongly desire |
| 3. boring                            | 6. common, normal  |

**Find these phrasal verbs in the text and check that you understand what they mean.**

spring up • break out • get through • pass down

**Complete the sentences with the correct form of the phrasal verbs.**

1. A dangerous criminal has ..... of a high security prison in Bristol.
2. All my clothes are ..... to me by my older brother.
3. It's a difficult exam, but if you work hard you'll ..... it.
4. Lots of new shops ..... since I last came here.

# Risk and fear

## High-altitude heroes

**A** For Fayza Sayed, who's 27, getting an ordinary job was never an option. 'I couldn't stand working indoors – I'd be safer and warmer maybe, but also incredibly bored. Yes, my work is dangerous, and the pay isn't great, but it's never dull or predictable! What's more, in an average year I might help hundreds of people, and even save lives. How many office **staff** can say that?'

**B** Fayza Sayed works for RAF Mountain Rescue, which is based in the UK, but regularly sends teams to destinations around the world. 'Basically, we're here to help mountaineers when things go wrong.' Last year, Fayza won a bravery

award for her part in a rescue in the Scottish Cairngorms. 'A climber had fallen while crossing an icy crevasse. He was left hanging by his safety harness for seven hours, in  $-20^{\circ}\text{C}$  temperatures. The only way to reach him was to fly over in a helicopter, while someone dangled from a rope. As the lightest member of the team, that "someone" was me!' Fortunately, the rescue **attempt** was successful, and both Fayza and the climber were pulled to safety.

**C** Fayza is always willing to help anyone **in need**, but she admits she can feel frustrated with climbers who fail to take proper precautions. 'People admire great mountaineers like Sir

Edmund Hillary and César Pérez de Tudela, and they want to have a go themselves. But they don't want to **put in** all the hard work and training. Sadly, every year between twenty and forty inexperienced climbers die before we can get to them.'

**D** However, Fayza reserves most of her criticism for time-wasters. 'I remember the time when we had to "save" a woman who'd **set off** up a mountain wearing a sun-dress and flip-flops! We've also had to rescue drunks, and one man even rang for help because he was going to be late for a party. We were so **cross**, we thought twice before picking him up. We're an emergency service – not a taxi service!'

1 Read the whole text quickly. Tick (✓) the people who are mentioned.

- 1 a woman who rescues people
- 2 a man who had fallen
- 3 a famous female mountaineer
- 4 a woman in unsuitable clothes
- 5 a man who was in a hurry

2 Read the text again. Mark the sentences *T* (True) or *F* (False). Give evidence from the text.

- 1 Fayza has never worked in an office.
- 2 The team chose Fayza to rescue the climber in Scotland because she was so brave.
- 3 Fayza is never annoyed with climbers who need her help.
- 4 Fayza and her team immediately rescued the man who wanted to go to a party.

3 Answer the questions according to the information in the text. Use your own words and write complete sentences.

- 1 According to Fayza, what are the disadvantages of her current job?
- 2 How did Fayza save the climber in the Scottish Cairngorms?
- 3 Why do some climbers die before they can be rescued?

4 Write the opposite of the word 'predictable' in paragraph A.

.....

5 Find the bold words and phrases in the text. Then match 1–6 with the definitions A–F.

- |           |       |                   |
|-----------|-------|-------------------|
| 1 staff   | ..... | A effort, try     |
| 2 attempt | ..... | B angry           |
| 3 in need | ..... | C employees       |
| 4 put in  | ..... | D begin a journey |
| 5 set off | ..... | E do              |
| 6 cross   | ..... | F who need help   |

## GRAMMAR Relative clauses

### Relative pronouns

- 1 Complete the sentences with the relative pronouns in the list.

who | which | where | when | whose

- 1 Adrenalin is a hormone ..... you produce when you're frightened.
- 2 Amy is the girl ..... brother is an advanced scuba diver.
- 3 Greg is the guy ..... she met when she went backpacking in Australia.
- 4 White water rafting is an activity ..... became popular in the 1980s.
- 5 The coast of Tarifa is a place ..... many people go kite-surfing.
- 6 The man ..... caused the accident was driving at 150 kilometres per hour.
- 7 May is the month ..... weather conditions are best for climbing Mount Everest.

### what and that

- 2 Read the sentences and replace the bold words with words in the list.

the thing that | who | which

- 1 Everything **that** she cooks is delicious.
- 2 I don't agree with **what** she said.
- 3 The teacher **that** we had last year has retired.

- 3 Match 1–6 with A–F and complete the sentences using **what** or **that**.

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 You didn't do ...                | A he painted.              |
| 2 I'm sorry. I didn't mean ...     | B you use.                 |
| 3 That's the actor ...             | C was in the Bourne films. |
| 4 I loved the picture ...          | D you promised.            |
| 5 She looks good in everything ... | E I said.                  |
| 6 You just pay for ...             | F she wears.               |

Read the text and correct eight mistakes related to relative clauses

### The Mongol Rally

The Mongol Rally which begins in London and ends in Ulan Bator, Mongolia, is an automobile rally with a difference. The only vehicles who are allowed to take part are those with an engine capacity of one litre or less. The route takes in five mountain ranges and two deserts and you have to pass through countries which previous participants have been attacked by armed robbers! There are no prizes for the team, which reaches the destination first, because the goal is not to win but to participate in an experience what people call 'the greatest adventure in the world'. But it's not only about adventure. Everyone which participates must first raise \$2000 for Send a Cow, a charity which it helps farmers in Sub-Saharan Africa. So, if you're somebody thinks the world has become a bit too safe, then why not give it a go?

### Prepositions in relative clauses

- 4 Rewrite the sentences using informal English and a relative clause. Use commas if necessary and omit the pronoun if possible.

I had read about a sailing course. I chose to do it.

*I chose to do a sailing course (that) I had read about.*

- 1 I had applied for a job. I was pleased when I was offered it.
- 2 Sarah's going on a date with a guy. Ellie used to go out with him.
- 3 Liam had told me about a café on the beach. We went there.
- 4 We're going to see a film. I've read good reviews about it.
- 5 Lara helped me with some homework. I got top marks for it.

### Defining and non-defining clauses

- 9 Underline the relative clauses in the sentences. Mark them **D** (Defining) or **N** (Non-defining).

- 1 That's the mountain bike which I want to buy.
- 2 I'd really like a mountain bike which has 18 gears.
- 3 This mountain bike, which I've had since I was 12, is falling apart.

Join the sentences using defining or non-defining relative clauses. Use the correct punctuation.

- 1 Port Aventura is a fantastic theme park. It's near Barcelona.
- 2 I saw a fight. Two people got injured in it.
- 3 Fiona is a friend from school. She's going to spend a month in Nepal.
- 4 That's the guy. Jason had a big argument with him.
- 5 I arrived at Central Station. A friend picked me up from there.
- 6 Nicky's mum's a pilot. Nicky wants to learn how to fly.
- 7 I bought five CDs. They cost a total of €62.80.
- 8 *Spider-man* was directed by Sam Raimi. It made \$890 million at the box office.
- 9 She lives in a flat. It belongs to her sister.
- 10 The cup final will be shown on TV tomorrow. It will be watched by millions of people.

## Relative pronouns

1 Match 1–7 with A–G to make full sentences. Look at the bold words to help you.

- 1 Mountaineering is a **sport** E
  - 2 César Pérez de Tudela is a **climber** .....
  - 3 Fayza rescues **climbers** .....
  - 4 1953 was the **year** .....
  - 5 Tenerife is the **place** .....
  - 6 Ranulph Fiennes is an **adventurer** .....
  - 7 Strength and agility are **skills** .....
- A **which** you need to climb mountains.  
 B **whose** cousin is the actor, Ralph Fiennes.  
 C **who** was born in Spain.  
 D **where** you can find Spain's highest mountain.  
 E **that** can be exciting and dangerous.  
 F **that** need help to descend.  
 G **when** Sir Edmund Hillary first climbed Everest.

### what and that

2 Complete the text. Use *what* or *that*.



Of all the roles *that* I've played in my acting career, I prefer the action heroes the best. You've got to do (1) ..... you love, I think – and I love thrills and excitement!

In the last film (2) ..... I starred in, I had to do a lot of exciting stunts. In fact, the stunts were (3) ..... made me accept the role in the first place. There's nothing (4) ..... I won't try at least once! I performed all the stunts myself, and I'm really proud of (5) ..... I achieved. One of the most dangerous stunts (6) ..... I did involved jumping between a car and a lorry travelling at high speed!

## Prepositions in relative clauses

3 Complete the sentences. Use *which* or *whom* and a preposition from the list.

about (x2) | at | for (x2) | in | to

Look at the direction *in which* I'm pointing.

- 1 Did you see the woman ..... I gave the coffee .....?
- 2 That's the woman ..... I was telling you .....
- 3 The place ..... she works is opposite this café.
- 4 The employers ..... she works are private detectives.
- 5 They solve cases ..... the police are confused .....
- 6 Did you hear about the case ..... the detectives won an award?

## Defining and non-defining clauses

4 Complete the sentences with suitable relative pronouns.

This is the place *where* I performed my first stunt.

- 1 Julio, ..... sister races motorcycles, is also into extreme sports.
- 2 Paragliding, ..... was developed in the 1960s, is now very popular.
- 3 This is the girl ..... we met at the theme park last weekend.
- 4 At night, ..... the house is dark and empty, I often feel afraid.
- 5 I've never returned to the place ..... I had that accident.
- 6 Surfing is the sport ..... I love best.

5 Look back at sentences 1–6 in exercise 4. What type of clauses do they contain? Write *D* for defining, or *N* for non-defining. Then add a tick (✓) if you can omit the relative pronoun.

Example: *D*

- 1 .....
- 2 .....
- 3 .....

- 6 There are two correct sentences and six incorrect sentences in this text. Find and underline the correct sentences.

### The most dangerous job in Britain?

Fishermen whose work at sea may have the most dangerous jobs in Britain. At Oxford University where a study of UK jobs took place researchers found that sea fishing was even more dangerous than police work. Dr Stephen Roberts, that led the study, looked at official statistics. He found that around 153 in every 1000 people who fished at sea died at work. Winter is when the time the sea is especially dangerous. Dr Roberts, who's findings were published in *The Lancet*, hopes that safety regulations for fishermen will improve. Other places, where workers are at risk, include airports and building sites. Lorry drivers who drive for long distances also have dangerous jobs.

- 7 Correct the incorrect sentences from exercise 6. Write the corrected sentences here. The first sentence has been done for you.

*Fishermen who work at sea may have the most dangerous jobs in Britain.*

### Reduced relative clauses

- 8 Cross out any words which are not necessary.

The man ~~who is~~ driving the fastest will win the race.

- 1 Who are those people who are waiting over there?
- 2 Tony Hawk is a famous skateboarder who invented over 800 tricks.
- 3 The woman who was injured in the accident was sent to hospital.
- 4 All the DVDs which are sold will raise money for charity.
- 5 I photographed the lions which were chasing a buffalo.
- 6 We went to visit my sister, who was working at the theme park.

- 9 Complete the text. Use words and phrases in the list. Leave one gap empty.

to which | what | where | when | who's | whose  
with whom

Ana, (1) ..... been my girlfriend for two years, is a qualified surfing instructor. I remember the time (2) ..... we met. It was the summer holidays, and I'd gone to visit some friends (3) ..... living in Tarifa. The friends (4) ..... I was staying loved the beach, so we went every day. The beach was the place (5) ..... I saw Ana for the first time. She invited me to join her surfing class, (6) ..... I agreed immediately. Unfortunately, I turned out to be a truly terrible surfer, but I did (7) ..... I could. At the end of the day, the students (8) ..... surfing had most improved were given prizes. I didn't get a prize – but I did get her phone number!

- 10 Join the sentences using a relative clause. Decide whether you need to use a defining or a non-defining relative clause, and whether you need to include a preposition.

He is a climber. His achievements made him famous.  
*He is a climber whose achievements made him famous.*

- 1 My brother loves paragliding. He has never tried hang-gliding.
- 2 I remember the summer. We went surfing then.
- 3 We saw a film. In the film, the heroine fought a shark!
- 4 Sara's sister is a pilot. Sara is scared of flying.
- 5 In Formula One, cars reach speeds of 360 km/h. Formula One began in 1950.
- 6 I live in a town. Nothing interesting ever happens there.

## VOCABULARY FEELINGS

- 1 Cover the rest of the page. How many adjectives to describe fear or other emotions can you add to the lists in two minutes?

Ordinary adjectives: *pleased, cross, ...* Extreme adjectives: *delighted, furious, ...*

### Extreme adjectives and expressions

- 2 Match the bold extreme adjectives with their ordinary equivalents in the list.

hungry | dirty | interested | exciting | tired | scary | big | impressive | scared

- 1 A friend of my brother's came face to face with a crocodile when he was swimming in a lake in Australia – it must have been pretty **terrifying**! I'd have been **petrified**.
- 2 Can you imagine taking a trip into outer space? The views of the Earth would be **spectacular**.
- 3 I did a bungee jump yesterday. It was so **exhilarating** – I want to do another one.
- 4 They didn't serve food on the plane so we were **starving** when we landed.
- 5 Have you been on Dragon Khan at Port Aventura? It's **gigantic**!
- 6 We were **exhausted** after our two-day trek in the jungle.
- 7 His clothes were **filthy** after six weeks in the desert.
- 8 I was **fascinated** by the tropical fish when I went scuba diving in the Red Sea.

- 3 Match the extreme adjectives and expressions with their synonyms in exercise 2.

scared to death | hair-raising | breathtaking | thrilling | huge

- 4 Complete the sentences with the correct words from exercises 2 and 3.

- 1 I heard footsteps behind me on my way home late last night. I was absolutely .....
- 2 I haven't washed my hair for nearly a week. It's absolutely .....
- 3 I only had five hours' sleep last night. I'm absolutely .....
- 4 I once went up in an air balloon. The views were absolutely .....
- 5 I haven't eaten all day. I'm absolutely .....

### Idioms and expressions: Safety and danger

- 5 Match the bold idioms with the meanings A–E.

- |  |   |
|--|---|
| 1 That skier just missed the tree. That was <b>a close shave</b> !   | A You can go somewhere or do something as there is no danger of being seen, caught or attacked. |
| 2 I was worried about Jo travelling alone in the jungle. I was pleased when she got home <b>safe and sound</b> .   | B To be prepared for something that may happen.   |
| 3 I always set the burglar alarm when I go out, <b>just in case</b> .  | C Not hurt in any way, even though you were in a dangerous situation.                           |
| 4 Their flight departs in 45 minutes and they're still not at the airport. They're really <b>cutting it fine</b> . | D To leave yourself very little time to do something.   |
| 5 I didn't want to bump into my ex so I waited until <b>the coast was clear</b> .                                  | E A situation where you only just avoid an accident.  |

- 6 Complete the sentences with the correct idioms from exercise 5.

- 1 You're leaving the house at 8.55 for a nine o'clock lesson? That's .....!
- 2 My parents have gone out. ...., so we can have a party!
- 3 The building collapsed seconds after we escaped. It was a very .....
- 4 It probably won't rain but I'll take an umbrella .....
- 5 It was a scary journey. But we all arrived home .....

## RULES

Adverbs of degree (e.g. *quite*, *really*) make the meaning of an adjective stronger or weaker.

- We usually collocate *slightly*, *very*, *extremely* and *terribly* with ordinary adjectives: *extremely* (1) .....
- We usually collocate *absolutely*, *utterly*, *completely* and *totally* with extreme adjectives: *absolutely* (2) .....
- We can collocate *really* and *quite* with both ordinary and extreme adjectives.
- With ordinary adjectives: 'quite' means 'moderately' *quite* (3) .....
- With extreme adjectives: 'quite' means 'absolutely' *quite* (4) .....

### 8 Choose the adverbs that collocate with the adjectives.

- 1 Simon was **absolutely** / **slightly** / **very** terrified when he saw the shark.
- 2 Come on! We're going to be **totally** / **terribly** / **extremely** late.
- 3 Megan was **terribly** / **really** / **utterly** heartbroken when she found out Tom had cheated on her.
- 4 I'm **completely** / **absolutely** / **terribly** sorry, but I've crashed your car.
- 5 The waves can be **quite** / **slightly** / **utterly** dangerous at this time of year.
- 6 Josh felt **utterly** / **totally** / **really** apprehensive before going on the roller coaster.

### 9 Replace the underlined words with words or expressions from pages

- 1 The burglar checked that there was nobody around before breaking in.
- 2 Where's Marta? She's very, very late.
- 3 I thought I was being followed and I was really, really scared.
- 4 He fell in the swimming pool and his clothes are completely wet.
- 5 I doubt I'll need any money, but I'll take some because I might need it.
- 6 There was a very big bird-eating spider from South Africa at the zoo.

### 10 Complete the sentences with your own ideas. Use words and expressions from pages

- 1 I (don't) consider myself to be ...
- 2 My best friend is(n't) ...
- 3 I was exhausted when / after ...
- 4 The most spectacular thing I've seen is ...

**1 Unscramble the letters. Write the extreme adjectives.**

- 1 pleased – ..... (tededlghi)
- 2 upset – ..... (eadsvtedat)
- 3 angry – ..... (oufrisu)
- 4 frightened – ..... (rriedtief)

**Risk**

**2 Complete the sentences with the words in the list. Look at the bold words to help you.**

go | moment | risks | safe | to | sure | twice | wrong

Kayaking and white-water rafting should **appeal** to adventure sports fans.

- 1 I hate feeling frightened, and I don't like **taking** .....
- 2 I'd love to **have a** ..... at windsurfing. It looks fun!
- 3 If you're sensible and follow all the safety advice, nothing will **go** .....
- 4 You need to **make** ..... that your course instructor is a qualified professional.
- 5 I love parachuting. I never **think** ..... before jumping out of the plane!
- 6 She isn't very adventurous, and she prefers to **play** .....
- 7 **On the spur of the** ....., I booked an adventure holiday instead of a beach holiday.

**3 Complete the sentences. Use words which begin with the word stems in the list.**

apprehens- | **caut-** | dar- | predict- | thrill- | will-

He's a very *cautious* person, who always thinks carefully before making a decision.

- 1 My job is very boring and ....., I do the same things every day.
- 2 I'm usually ..... to try new things, but I don't think I could eat insects!
- 3 My sister loves extreme sports and theme parks. She's a real .....
- 4 He was a very brave person, who ..... to take risks.
- 5 I'm not usually afraid of spiders, but I would feel ..... if I had to pick up a tarantula!

**4 Match the adjectives 1–8 with the extreme adjectives A–H. Write the letter.**

- |                    |                |
|--------------------|----------------|
| big /              | A breathtaking |
| 1 dirty .....      | B exhausted    |
| 2 exciting .....   | C fascinated   |
| 3 hungry .....     | D filthy       |
| 4 impressive ..... | E petrified    |
| 5 interested ..... | F starving     |
| 6 scared .....     | G terrifying   |
| 7 scary .....      | H thrilling    |
| 8 tired .....      | I huge         |

**5 Look carefully at the bold words and correct any mistakes. Two sentences are correct.**

- 1 That horror film was absolutely **scary!** .....
- 2 I'm **fascinated** in extreme sports, but they aren't my favourite hobby. ....
- 3 The explorer didn't eat any food for a week. He was **starving** .....
- 4 That stunt was very **impressive**. ....
- 5 I'm slightly **petrified** of spiders, but snakes are worse. ....
- 6 That parachute jump was absolutely **exciting**. I want to do it again! .....

**Idioms and expressions: Safety and danger**

**6 Correct the bold words in these common idioms.**

- just **on** case *in*
- 1 a **near** shave .....
- 2 the **beach** is clear .....
- 3 safe **or** sound .....
- 4 **tear** it fine .....

**7 Write the second sentence so it has the same meaning as the first. Replace the bold expressions with the correct form of idioms from exercise 6.**

Take your mobile, **so that you've got it if** you need it later.  
*Take your mobile, just in case you need it later.*

- 1 I found Ximo back at the house, **completely unharmed**.
- 2 You **aren't leaving yourself much time** if you want to catch the last bus!
- 3 We had a **very lucky escape** when the bridge almost collapsed!
- 4 **Is it safe to come out**, or is Mum still looking for me?



Look at pictures a-f. These are all the things people have phobias of. You are going to listen to a radio programme. Which of these phobias are mentioned?



2 Read the Exam Skill box. Then use this method to help you with exercise 3.

**EXAM SKILL: Getting ready to listen**

- Read the questions and options very carefully.
- Identify and underline the key words.
- While listening, focus on the key words or words with a similar meaning.



We've nothing to fear but fear itself

3 **1.6 MULTIPLE-CHOICE** Read the questions. Then listen again and choose the correct answer.

- |  |   |
|--|---|
| <p>1 What area of his life does Zack's phobia affect?</p> <p>A His relationships.<br/>B His job.<br/>C His studies.<br/>D His diet.</p> <p>2 When Emma sees a clown she ...</p> <p>A runs away.<br/>B feels ill.<br/>C laughs hysterically.<br/>D cries.</p> <p>3 What does Emma think caused her phobia?</p> <p>A A bad experience when she was young.<br/>B She got it from her mother.<br/>C A clown character in a horror film.<br/>D She once had a terrible nightmare about a clown.</p> | <p>4 Dr Robbins says that button and clown phobias ...</p> <p>A are extremely common.<br/>B are very rare.<br/>C are more common than you might think.<br/>D are common in children.</p> <p>5 Exposure therapy involves ...</p> <p>A taking photos of the thing that scares you.<br/>B avoiding the thing that scares you.<br/>C hypnosis.<br/>D facing your fear.</p> <p>6 According to Dr Robbins, exposure therapy ...</p> <p>A works for some people but not for others.<br/>B removes fear completely.<br/>C is very effective.<br/>D is easy to go through.</p> |
|--|---|

**DICTIONARY**

4 **1.7** Listen and write down what Dr Robbins says.

- 1 But it's also ...    2 For example, I ...    3 It involves ...    4 You wouldn't ...

5 **1.7** Listen again and check your answers.