

## Christu Jyothi Convent sr. sec. school

Class 7 MSC Lesson 7 don't be afraid

Answer the following questions:

1. What is fear?

Ans. Fear is an unpleasant emotion caused by our own insecurities or possibility of exposure to danger .

2. Write some causes of fear.

Ans. Periods can be caused due to afraid of Darkness, wild animals, natural forces like earthquakes ,floods etc.

3. What was wrong with Somya's fear?

Ans. Soumya positive 15 year old girl. She was troubling afraid of examinations. Before every examination, she used to get-sever stomach pain, headache and even fever.

4. How does fear affect the health of an individual?

Ans. Living under constant threat has serious health problem. Fear weakness are immune system.

5. What is phobia?

Ans. If there is a type of anxiety disorder designed by a Presitent and excessive fear of an object or situation.

Fill in the blanks:

1. Fear is unpleasant emotion.
2. A phobia is a resistant abnormal fear of anyone or anything.
3. Fear does not solve no reduce problems.
4. Fear are caused by over anxiety.
5. One should not be afraid to make mistake.

Write true or false:

1. Fear is the result of experienced danger . True
2. All Fears are irrational. True
3. Imagination creates fear. True
4. Fear prevents one from giving an excellent performance. False
5. There is no need to fear god. True
6. Most fears prove to be false later on. True