

How to Win Against Anxiety Language Fear, Daily Life and 3 Daily Habits

English learning resource · EN

Key words & expressions · English

12 learning entries

Study task: Listen again and notice the expressions you studied.

1 to fire an alarm

DEF

To trigger the body's internal danger response.

Fire is figurative here and means activate suddenly.

A difficult conversation can fire an alarm in the brain.

The unexpected question fired his internal alarm.

2 threat detection

DEF

The brain's process of noticing possible danger.

A common psychology collocation.

Chronic anxiety rewires the brain toward threat detection.

Lack of sleep can make threat detection oversensitive.

3 the output gap

DEF

The difference between what a learner understands and what they can produce.

Useful in language learning: receptive knowledge can be larger than spoken output.

Anxiety can widen the output gap.

Regular speaking practice gradually closes the output gap.

4 to label an emotion

DEF

To identify and name a feeling with words.

Research often calls this affect labelling.

Label the emotion instead of pushing it away.

She labelled the emotion as fear rather than failure.

5 amygdala activation

DEF

Activity in the brain region involved in processing threat and emotion.

A technical term that should be explained rather than memorised alone.

Labelling feelings can reduce amygdala activation.

Slow breathing may lower the body's threat response.



6

to separate alarm from assessment

DEF

To distinguish an emotional reaction from a rational evaluation.

A practical contrast: the body can signal danger when no physical threat exists.

Separate the alarm from the assessment before you respond.

His alarm said danger, but his assessment said the room was safe.

7

to push a feeling away

DEF

To try to suppress or avoid an emotion.

A common phrasal pattern; pushing feelings away can make them stronger.

Do not push the anxiety away—name it.

She stopped pushing the feeling away and listened to it.

8

to walk past the alarm

DEF

To act despite the body's warning response.

A metaphor for courage: the alarm may remain, but it no longer controls behaviour.

He walked past the alarm and spoke anyway.

Every small conversation helps you walk past the alarm.

9

to speak anyway

DEF

To speak despite fear, uncertainty or imperfect language.

Anyway emphasises that the action happens despite the difficulty.

Her voice shook, but she spoke anyway.

You do not need to feel fearless to speak anyway.

10

a rational assessment

DEF

A calm evaluation based on evidence rather than immediate emotion.

Often contrasts with an emotional reaction.

Ask whether the threat is real as part of a rational assessment.

A rational assessment showed that the mistake was minor.

11

to rewire the brain

DEF

To gradually change habitual neural patterns through repeated experience.

Usually figurative in everyday educational language.

Repeated avoidance can rewire the brain toward fear.

Positive practice helps rewire the brain for confidence.



12

a small act of courage

DEF

A modest action taken despite fear.

A useful collocation that recognises everyday bravery.

Speaking in a new language is a small act of courage.

Asking for clarification was her small act of courage.

