

Psychological Vocabulary: Understanding the Mind and Behavior (Słownictwo psychologiczne: zrozumienie umysłu i zachowań)

Słownictwo – 30 kluczowych słów i zwrotów

Umysł i świadomość

1. **subconscious** – podświadomość
2. **consciousness** – świadomość
3. **unconscious** – nieświadomość
4. **cognition** – poznanie, procesy poznawcze
5. **perception** – postrzeganie
6. **attention** – uwaga
7. **awareness** – świadomość (czegoś)
8. **thought** – myśl
9. **memory** – pamięć
10. **imagination** – wyobraźnia

Emocje i zachowania

11. **emotion** – emocja
12. **mood** – nastrój
13. **motivation** – motywacja
14. **impulse** – impuls
15. **instinct** – instynkt
16. **behavior** – zachowanie
17. **reaction** – reakcja
18. **stress** – stres
19. **trauma** – trauma
20. **coping mechanism** – mechanizm radzenia sobie

Teoria i praktyka

21. **therapy** – terapia
22. **therapist** – terapeuta
23. **psychoanalysis** – psychoanaliza
24. **personality** – osobowość
25. **disorder** – zaburzenie
26. **phobia** – fobia

- 27. **addiction** – uzależnienie
 - 28. **depression** – depresja
 - 29. **self-esteem** – poczucie własnej wartości
 - 30. **mental health** – zdrowie psychiczne
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Dialogi (praktyczne konwersacje B1–B2)

Dialogue 1: Visiting a Therapist

- A:** I've been feeling stressed and overwhelmed.
 - B:** Have you thought about seeing a therapist?
 - A:** Yes, I think talking about it might help.
 - B:** Therapy can really improve your mental health.
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Dialogue 2: Talking About the Mind

- A:** Do you believe in the power of the subconscious?
 - B:** Absolutely. It influences a lot of our decisions.
 - A:** Sometimes I react without thinking.
 - B:** That's often the subconscious at work.
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Dialogue 3: Discussing Emotions

- A:** I can't focus when I'm anxious.
 - B:** Anxiety affects both attention and memory.
 - A:** What helps you cope with stress?
 - B:** I try deep breathing and mindfulness.
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Dialogue 4: Understanding Behavior

- A:** Why do people repeat unhealthy patterns?
 - B:** Sometimes it's a learned behavior from trauma.
 - A:** So it's not just personality?
 - B:** No, often it's about how we've learned to cope.
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Dialogue 5: Self-Esteem

A: I lack confidence in social situations.

B: That's related to self-esteem.

A: How do I improve it?

B: Start by challenging negative thoughts.



Ćwiczenie 1: Wstaw brakujące słowa

Słowa do użycia:

subconscious, emotion, stress, therapist, behavior, memory, self-esteem, coping mechanism, trauma, personality

Tekst z lukami:

1. After the accident, she developed signs of **(1)** _____.
 2. He spoke to a **(2)** _____ about his anxiety.
 3. Your **(3)** _____ plays a role in how you respond to conflict.
 4. This situation brings back a painful **(4)** _____.
 5. People with low **(5)** _____ often doubt their abilities.
 6. Breathing exercises are a good **(6)** _____.
 7. The **(7)** _____ mind stores many past experiences.
 8. His aggressive **(8)** _____ surprised everyone.
 9. It's okay to feel any **(9)** _____—just don't ignore it.
 10. Exams are a major source of **(10)** _____ for students.
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Ćwiczenie 2: Przetłumacz brakujące słowa z polskiego na angielski

1. **(Zachowanie)** ludzi często zmienia się pod wpływem stresu.
 2. Ona cierpi na **(depresję)** od lat.
 3. **(Uzależnienie)** od telefonu jest coraz częstsze.
 4. **(Fobia)** może być irracjonalna, ale realna dla osoby, która jej doświadcza.
 5. On ma wysokie **(poczucie własnej wartości)**.
 6. **(Zdrowie psychiczne)** jest równie ważne jak fizyczne.
 7. Dzieci uczą się przez **(naśladownictwo)** i obserwację.
 8. Złość to naturalna **(emocja)**.
 9. **(Terapia)** może pomóc w radzeniu sobie z lękiem.
 10. Marzenia to część naszej **(wyobraźni)**.
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? Quiz ABCD – wybierz poprawną odpowiedź

1. What is the “subconscious”?
 - A. The part of the brain we use to speak
 - B. The part of the mind working without active awareness
 - C. A sleeping disorder
 - D. A type of behavior disorder
2. What is a “therapist”?
 - A. A person who builds websites
 - B. A mental health professional
 - C. A teacher in school
 - D. A pharmacist
3. What is “personality”?
 - A. Your job title
 - B. A temporary emotion
 - C. A set of traits and behaviors that define you
 - D. A type of phobia
4. What is “stress”?
 - A. A feeling of peace
 - B. A mental illness
 - C. Pressure or tension caused by challenging situations
 - D. A form of meditation
5. What is “cognition”?
 - A. A technique in painting
 - B. A part of physical fitness
 - C. The process of thinking and understanding
 - D. A way to sleep deeply
6. What is “self-esteem”?
 - A. How others feel about you
 - B. Your confidence and self-worth
 - C. Your body temperature
 - D. The amount of sleep you need
7. What does a “coping mechanism” help with?
 - A. Making money
 - B. Dealing with stress or emotions
 - C. Organizing a room
 - D. Learning new languages
8. What is “trauma”?
 - A. A childhood toy
 - B. A joyful memory
 - C. A deeply distressing experience
 - D. A school exam
9. What is “perception”?
 - A. The act of breathing
 - B. The way we interpret and understand things
 - C. A legal term
 - D. A sleeping disorder

10. What does "addiction" mean?
- A. A love for sports
 - B. A positive habit
 - C. A strong dependence on a substance or behavior
 - D. A weekly routine
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KLUCZ ODPOWIEDZI

Ćwiczenie 1:

1. trauma
2. therapist
3. personality
4. memory
5. self-esteem
6. coping mechanism
7. subconscious
8. behavior
9. emotion
10. stress

Ćwiczenie 2:

1. Behavior
2. depression
3. addiction
4. phobia
5. self-esteem
6. mental health
7. imitation
8. emotion
9. therapy
10. imagination

Quiz:

1. B
2. B
3. C
4. C
5. C
6. B
7. B
8. C
9. B
10. C