

## Lesson 32

## 1 TOPIC QUESTION

今日のトピック

# Have you ever had nightmares? What were they like?

悪夢を見たことはありますか？それはどのようなものでしたか？

## 2 ARTICLE

記事

Directions: Read the following article aloud.

課題：以下の記事をはっきりとした声で音読しましょう。



## Nightmares

Nightmares are a type of dream but are usually about something that causes us to experience fear or dread. They could be based on thoughts from some event we have heard about in the news or read about in the paper. Nightmares can cause a person to wake up in a sweat because they sometimes seem to be so real.

You might have seen an item on the news about an awful act of terrorism somewhere in the world and then when you fall asleep that night you will have a nightmare about it. You might feel yourself experiencing the terror as if you were there when it happened. You might imagine yourself being injured in some way such as a fall where you cannot get up and there is no one around to assist you.

Sometimes the same nightmare can occur over and over and if that happens to a person they should talk to someone about it as it could be based on something that requires help. This type of nightmare could be based on a childhood experience that is subconsciously bothering the person and seeking help could bring it to a halt. This type of nightmare would affect the normal life of the person experiencing it.

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## 3 VOCABULARY

語い

Directions: First repeat after your tutor and then read aloud by yourself.

課題: 先生の後が続いてくり返した後、今度はひとりで発音してみましょう。

**dread** 恐怖、不安

**sweat** 汗

**injured** 怪我をして

**bothering** 悩ませる

**require** ~を必要とする

**childhood** 幼少時代

**subconsciously** 潜在意識的に、無意識のうちに

**recurring** 繰り返し起こる

## 4 QUESTIONS

質問

Directions: Read the questions aloud and answer them.

課題: 質問を声に出して読んだ後、答えてみましょう。

1. How do nightmares differ from dreams?
2. What are some things that a nightmare could be based on?
3. What might cause a recurring nightmare and what should be done about it?
4. Do you ever have recurring nightmares?