

## Fears And Phobias

1. To be afraid of smth/to be frightened by/with smth/ to be scared of smth/to be intimidated with/by/ to be terrified
2. To be paralyzed by fear/to be petrified
3. to be scared to death
4. to have goose bumps
5. my hair stood on its end
6. to be panic-stricken
7. creepy/spooky/freaky
8. to cause irrational/morbid fear
9. fear/dread/horror/terror/jitters
- 10.to freak out
- 11.anxiety disorder
- 12.to avoid one's fear
13. to experience distress
- 14.To overcome one's phobia/fear
15. Personality disorder

### Check the most popular phobias

#### List of phobias:

- [Achlorophobia](#) – fear of [darkness](#)
- [Acrophobia](#) – fear of [heights](#)
- [Agoraphobia](#), [agoraphobia without history of panic disorder](#) – fear of places or events where escape is impossible or when help is unavailable. Fear of open spaces or of being in public places. Fear of leaving a safe place
- [Agraphobia](#) – fear of [sexual abuse](#)
- [Agrizoophobia](#) – fear of [wild animals](#)
- [Ailurophobia](#) – fear of [cats](#)
- [Algophobia](#) – fear of pain
- [Aquaphobia](#) – fear of [water](#). Distinct from [hydrophobia](#), a scientific property that makes chemicals averse to interaction with water, as well as an archaic name for [rabies](#)
- [Arachnophobia](#) – fear of [spiders](#)
- [Astraphobia](#) – fear of [thunder](#) and [lightning](#)
- [Atychiphobia](#) – fear of [failure](#)
- [Autophobia](#) – fear of [being alone or isolated](#) or of one's self
  
- [Chiroptophobia](#) – fear of [bats](#)
- [Chromophobia](#) – fear of bright colors
- [Chronophobia](#) – fear of time and time moving forward
- [Claustrophobia](#) – fear of having no escape and being closed in
- [Coulrophobia](#) – fear of [clowns](#) (not restricted to [evil clowns](#))
- [Cyberphobia](#) – fear of or aversion to [computers](#) and of learning new technologies

- [Disposophobia](#) – fear of getting rid of or losing things – sometimes wrongly defined as [compulsive hoarding](#)
- [Dysmorphophobia](#), or [body dysmorphic disorder](#) – a phobic obsession with a real or imaginary body defect
- [Emetophobia](#) – fear of [vomiting](#)
- [Friggatriskaidekaphobia](#), [paraskavedekatriaphobia](#), [paraskevidekatriaphobia](#) – fear of [Friday the 13th](#)
- [Gamophobia](#) – fear of [marriage](#), commitment
- [Gelotophobia](#) – fear of being laughed at
- [Gerascophobia](#) – fear of growing old or aging
- [Glossophobia](#) – fear of speaking in public or of trying to speak
- [Gymnophobia](#) – fear of [nudity](#)
- [Gynophobia](#) – fear of women
- [Hadeophobia](#), [stigiophobia](#), [stygiophobia](#) – fear of [Hell](#)<sup>[5]</sup>
- [Hemophobia](#), [haemophobia](#) – fear of [blood](#)
- [Hexakosioihexekontahexaphobia](#) – fear of the [number 666](#)
- [Hoplophobia](#) – fear of [weapons](#), specifically [firearms](#) (generally a political term but the clinical phobia is also documented)
  - [Hylophobia](#) – fear of [trees](#), [forests](#) or [wood](#)
  - [Hypnophobia](#), [somnia](#) – fear of sleep
- [Ichthyophobia](#) – fear of [fish](#), including fear of eating fish, or fear of dead fish
- [Musophobia](#), [murophobia](#), [suriphobia](#) - fear of [mice](#) and/or [rats](#)
- [Myrmecophobia](#) - fear of [ants](#)
- [Mysophobia](#) – fear of [germs](#), [contamination](#) or [dirt](#)
- [Necrophobia](#) – fear of [death](#) and/or the [dead](#)
- [Nosophobia](#) – fear of contracting a [disease](#)
- [Nyctophobia](#), [achluophobia](#), [lygophobia](#), [scotophobia](#) – fear of darkness
- [Obesophobia](#) – fear of [obesity](#)
- [Ophthalmophobia](#) – fear of being stared at
- [Ornithophobia](#) – fear of birds
- [Osmophobia](#), [olfactophobia](#) – fear of bad [odours](#)
- [Pediophobia](#) – fear of [dolls](#) (a branch of [autmatonophobia](#): fear of humanoid figures)
- [Phonophobia](#) – fear of [loud sounds](#)
- [Pogonophobia](#) – fear of beards
- [Pyrophobia](#) – fear of [fire](#)
- [Sociophobia](#) – fear of people or social situations
- [Somniphobia](#) – fear of sleep
- [Spectrophobia](#) – fear of [ghosts](#) and phantoms
- [Stygiophobia](#) – fear of [Hell](#)
- [Taphophobia](#), [taphephobia](#) – fear of the [grave](#), or fear of being placed in a grave while still alive
- [Thalassophobia](#) – fear of the sea, or fear of being in the ocean
- [Thanatophobia](#) – fear of [dying](#)

- [Tokophobia](#) – fear of [childbirth](#) or [pregnancy](#)
- [Traumatophobia](#) – a synonym for [injury phobia](#): fear of having an injury
- [Triskaidekaphobia](#), terdekaphobia – fear of the [number 13](#)
- [Trypanophobia](#), belonephobia, enetophobia – fear of needles or [injections](#)
- [Uranophobia](#), ouranophobia – fear of [Heaven](#)
- [Xenophobia](#) – fear of strangers, [foreigners](#), or aliens
- [Xylophobia](#), hylophobia, ylophobia – fear of trees, forests or wood

**Answer the following questions:**

- 1. What do you know about phobias?**
- 2. Do you know people with phobias?**
- 3. Do you have any phobias?**
- 4. What is the difference between fear and phobia?**
- 5. What are you afraid of most of all?**
- 6. Do you believe that all our phobias come from our childhood?**
- 7. What was your worst childhood fear?**
- 8. Do you agree that some phobias sound fake?**
- 9. Have you ever had a panic attack? What was it connected with?**
- 10. What are the most typical fears people have?**
- 11. How do you try to overcome your fears?**
- 12. Have you ever been paralyzed by fear?**
- 13. Do you think that living in a big city causes a lot of stress and gives birth to a lot of phobias?**
- 14. Look at the list of phobias above. What phobia seems the most absurd to you?**