**PHOBIAS**

**What is your problem ?!**

**Hippopotomonstro-sesquipedaliophobia ?!**

**1. Match the following phobias with their descriptions**

a. Acrophobia

b. Aerophobia

c. Agoraphobia

d. Arachnophobia

e. Brontophobia

f. Claustrophobia

g. Cynophobia

h. Mysophobia

i. Social phobia

j. Trypanophobia

k. Coulrophobia

1. The fear of clowns

2. Fear of enclosed spaces

3. Fear of open spaces and crowded public places

4.Fear of public speaking (and social situations)

5. Fear of flying

6. Fear of dirt and germs

7. Fear of injections

8. Fear of dogs

9. Fear of heights

10. Fear of thunder and lightning

11. Fear of spiders

**2. Solve the following puzzle with your partner. Which phobia is the most common?**

*Brontophobia* is not as common as *Claustrophobia*

*Social phobia* is more common than *Brontophobia*

*Claustrophobia* is less common than *Arachnophobia*

*Brontophobia* is not as common as *Social phobia*

*Social phobia* is less common than *Arachnophobia*

**3. Discuss the following questions with your partner:**

1. Do you know anyone who suffers from any of the phobias above? If so, which one(s)?
2. Why do you think some people develop a phobia? Are all phobias irrational?
3. How can someone confront and overcome a phobia?
4. *Arachibutyrophobia* is the fear of peanut butter sticking to your mouth. Do you know any other crazy phobias?
5. Gary Larson, a famous cartoonist, invented *Anatidaephobia* - the fear that somewhere, somehow, a duck is watching you. Can you invent your own crazy phobia?
6. What do you think would be the worst phobia to suffer from?
7. Are you afraid of anything? (e.g. speaking in public) Do you have any phobias?
8. What’s the difference between a fear and a phobia?

A Fear or a Phobia?

It is normal and even helpful to experience fear in dangerous situations. Fear is an adaptive human response. It serves a protective purpose, activating the automatic ***“fight-or-flight” response1***. With our bodies and minds alert and ready for action, we are able to respond quickly and protect ourselves.

But with phobias the threat is greatly exaggerated or nonexistent. For example, it is only natural to be afraid of a snarling Doberman, but it is irrational to be terrified of a friendly poodle on a leash, as you might be if you have a dog phobia.

| **The difference between normal fear and a phobia:** | |
| --- | --- |
| **Normal fear** | **Phobia** |
| Feeling anxious when flying through  turbulence or taking off during a storm | Not going to your best friend’s island wedding because you’d have to fly there |
| Experiencing ***butterflies2*** when looking down from the top of a skyscraper or climbing a tall ladder | Turning down (=refusing) a great job because it’s on the 10th floor of the office building |
| Getting nervous when you see a pit bull or a Rottweiler | ***Steering clear3*** of the park because you might see a dog |
| Feeling a little ***queasy4*** when getting a shot or when your blood is being drawn | Avoiding necessary medical treatments or doctor’s checkups because you’re terrified of needles |

***“fight-or-flight” response1*** – response to stress in which adrenalin is secreted into the blood in readiness for physical action such as fighting or running away

***have/experience butterflies2*** – a fluttering and ***queasy4*** sensation felt in the stomach when one is nervous

***steer clear of3*** *–*take care to avoid or keep away from

***queasy4*** – feeling sick, wanting to vomit