

## 1: 8 Common Phobias - Anxiety Disorders Center - Everyday Health

*This website is dedicated to fears and phobias. It contains a large list of phobias and teaches how to cope with and ultimately cure your [www.enganchecubano.com](http://www.enganchecubano.com) can also learn more about phobia symptoms and what fear is.*

Your first day on a new job, planning for a long trip, going to the dentist. Some anxiety helps to keep you focused on the job at hand. However, when your anxiety is so serious that it interferes with your work, leads you to avoid certain situations or keeps you from enjoying life, you may be suffering from a form of the most common type of mental disorder, an anxiety disorder. Anxiety disorders are not just a case of "nerves." These disorders cause you to feel anxious most of the time, making some everyday situations so uncomfortable that you may avoid them entirely. Or, you may experience occasional instances of anxiety that are so terrifying and intense that you may be immobilized with fear. Although these conditions can be very frightening and disabling, they are also very treatable. It is important to recognize the symptoms and seek help. There are three main groups of phobias which include: Specific simple phobias, which are the most common and focus on specific objects; Social phobia, which causes extreme anxiety in social or public situations, and Agoraphobia, which is the fear of being alone in public places from which there is no easy escape. Specific or Simple Phobias produce intense fear of a particular object or situation that is, in fact, relatively safe. People who suffer from specific phobias are aware that their fear is irrational, but the thought of facing the object or situation often brings on a panic attack or severe anxiety. No one knows what causes them, though they seem to run in families and are slightly more prevalent in women. Specific phobias usually begin in adolescence or adulthood. They start suddenly and tend to be more persistent than childhood phobias. When children have specific phobias--for example, a fear of animals--those fears usually disappear over time, though they may continue into adulthood. No one knows why they persist in some people and disappear in others. Social Phobia can produce fear of being humiliated or embarrassed in front of other people. This problem may also be related to feelings of inferiority and low self-esteem, and can drive a person to drop out of school, avoid making friends, and remain unemployed. In some cases, panic attacks can become so debilitating that the person may develop agoraphobia because they fear another panic attack. In extreme cases, a person with agoraphobia may be afraid to leave their house. Although this disorder is sometimes thought to be shyness, it is not the same thing. Shy people do not experience extreme anxiety in social situations, nor do they necessarily avoid them. In contrast, people with social phobia can be at ease with people most of the time, except in particular situations. Often social phobia is accompanied by depression or substance abuse. People suffering from social phobia may: Phobias can be overcome with proper treatment. A person suffering from a phobia is suffering from a diagnosable illness, and mental health professionals take this illness very seriously. A complete medical and psychiatric evaluation should be conducted by a licensed physician or psychologist to obtain an accurate diagnosis and ensure that the symptoms are not being caused by another condition. Lastly, it is crucial to comply with treatment, and to work closely with the therapist in order to achieve success. Behavioral therapy and cognitive-behavioral therapy are very effective in treating these disorders. Behavioral therapy focuses on changing specific actions and uses different techniques to stop this behavior. One technique involves diaphragmatic breathing which is a form of deep-breathing. Cognitive-behavioral therapy teaches the persons new skills in order to react differently to the situations which trigger the anxiety or panic attacks. Patients also learn to understand how their thinking patterns contribute to the symptoms and how to change their thinking to reduce or stop these symptoms.

## 2: Phobias | Mental Health America

*The American Psychiatric Association identifies three different categories of phobias: social phobias, agoraphobia, and specific phobias. When people talk about having a phobia of a specific object such as snakes, spiders or needles, they are referring to a specific phobia.*

Our list of weird phobias may help you when you least expect it. Social Phobias These anxiety disorders are triggered by certain types of people, relationships, and social situations. Also known as caliginophobia, this is the fear of beautiful women, and may be caused by low self-confidence or putting too much pressure on appearances. This phobia literally refers to the fear of people but can also mean the fear of having company. This phobia causes people to feel afraid when touched. If you have a bad or "vile" odor, you may trigger someone who has autodysmophobia. Dinner parties, dining and dinner conversation are all off limits for people who suffer from this phobia. This modern phobia affects people who are very afraid of losing cell phone contact. Some seriously independent-minded individuals may have soteriophobia, or the fear of becoming dependent on someone else. Those who fear being judged by society suffer from sociophobia. While there are certainly jokes about scary stepmothers or in-laws, this phobia refers to the fear of all relatives. The fear of church and going to church is called ecclesiophobia. Zoophobias Many people are afraid of snakes, rats or bats, but these phobias represent the fear of more random animals. The fear of birds "especially pigeons" is referred to as ornithophobia, and is actually a fairly common phobia. The fear of horses is also called equinophobia. It certainly sounds frightening: Those with aerophobia "the fear of drafts, air swallowing and airborne diseases or germs" may wish to wear face masks, especially in public. For some, being near ferns is too frightening. Most people are happy to receive flowers, but anthophobia refers to the fear of them. The fear of wind is also called anemophobia. Nighttime hours come as a relief for those who are afraid of sunlight. Those who are afraid of the Northern Aurora lights have auroraphobia. Instead of hoping for snow, those with chionophobia must dread it. Personal Phobias People who have trouble dealing with certain aspects of their own character or appearance suffer from these phobias. Those who are too afraid to look at their own reflection in a mirror have spectrophobia. Athazagoraphobia is the fear of being forgotten, and also the name of this blog. Those who fear being laughed at "and actually evaluate social situations for "signs of laughter and ridicule" "suffer from gelophobia Physical Objects From red lights to knees, here are some weird phobias involving physical objects and body parts. Selenophobia is the term for the fear of the moon. Most people would be ecstatic to have the chance to find gold, but people who suffer from aurophobia are petrified of it. The fear of red lights is called ereuthophobia. Knees can cause great irritation and fear in people with genophobia. The fear of human-like figures, like dummies or wax figures, is called automatonophobia. Visiting ancient Greek or Roman ruins would be a nightmare for those with atephabia, or the fear of ruins and old buildings. Aulophobia refers to the fear of flutes. People with this phobia do not like having objects situated to their right. Paper is the cause of great anxiety and even fear in people who suffer from papyrophobia. One wonders where people with this phobia "the fear of houses and being inside houses" live. Ideas and Concepts Certain intangibles cause a lot of anxiety and irritation in some people, even seemingly harmless ideas like depth or newness. Anyone who suffers from tachophobia "the fear of speed" may be afraid of riding in cars or trains. The fear of dryness is also called xerophobia. This obscure phobia refers to the fear of depth. Sometimes called cainotophobia, this is the fear of anything new. Holy figures and holy things or ideas are feared by people with hagiophobia. Those who are afraid of learning anything new have sophophobia. This anxiety disorder means several things: Figurative and symbolic ideas can become a legitimate phobia for some. The fear of time is referred to as chronophobia. The fear of memories is called mnemophobia. It can be a challenging subject, but for some individuals, philosophy is legitimately terrifying. Activities Sitting, standing and walking are sore spots for people who suffer from these and other phobias. Ablutophobia is the fear of washing or bathing. The fear of riding in cars is referred to as amaxophobia, and can cause problems especially for those living in suburban areas. Even if there are no cars around, some people still suffer from the fear of crossing roads. Weddings, prom, and parties must pose lots of

problems for those who suffer from the fear of dancing. Being in the stooping position causes too much anxiety for people with kyphophobia. Cooking is a source of anxiety for people with mageirocophobia. A common phobia is the fear of speaking in public, but scriptophobia is the fear of writing in public. The fear of eating is called sitophobia, and can become very serious. Those who are too afraid to walk or stand because of the possibility of falling have basiphobia. Conversely, this is the fear of sitting down. Group or Race Phobias These prejudicial phobias are the result of the fear of random groups of people. Some people are afraid of meeting or hearing about Bolsheviks, and their disorder is called Bolshephobia. People with amputations cause fear and anxiety in those who suffer from apotemnophobia. This disorder refers to the fear of Walloons, a group of people of German and Celtic origin living in Belgium. Those who are afraid of virgins and young girls suffer from parthenophobia. This term refers to the fear of teenagers. Children are actually frightening to people with pedophobia. Some people believe that the Dutch are upsetting, perhaps because of their traditional costumes. Homophobia is a well-known, though controversial, phobia, but heterophobia refers to the fear of heterosexuals. The fear of transsexual or transgender people is called transphobia. The fear of people who own firearms is called hoplophobia. Those who are afraid of or discriminate against doctors have iatrophobia. Sickness and Injuries The fear of particular diseases and injuries are outlined in this list. This very specific phobia refers to the fear of kidney disease. People who suffer from amyctophobia – the fear of scratches – are probably very protective of themselves and their skin. Some people are actually afraid that their joints will stop working, and this fear is called anklyophobia. This odd phobia group includes trypanophobia the fear of injections; hemophobia the fear of blood and the fear of invasive medical procedures. Also referred to as BDD, this body image disorder causes people to imagine that they have or will develop physical deformities. The fear of not being able to use your muscles properly is called ataxiophobia. One hopes that having a fear of syphilis would inspire more responsible romantic encounters. Those who get too carried away with organic diets or going green may be at risk for chemophobia, a condition that refers to the fear of all chemicals and preference for natural elements. People who are afraid of defecation have rhyphobia, and are at risk for other health problems. If you like to voice your thoughts on a particular subject, you may want to stay away from people with allodoxaphobia, or the fear of opinions. The color purple causes some people to be very afraid and develop this condition. Although the heart is your lifeline, some people are afraid of it. Some people are actually terribly afraid of becoming constipated. This phobia refers to the fear of names. The fear of fats in food may be blamed on the red meat scare of This term refers to the fear of long words, and seems like a cruel joke. This condition is described as a rare disorder and refers to the fear of having a phobia. Confusing, highly technical terminology – including Greek terms – make those with hellenologophobia anxious. The idea of being tickled with feathers is upsetting for those with pteronophobia. Did you enjoy this article?

### 3: Consent Form | Popular Science

*Mycrophobia- Fear of small things. Myctophobia- Fear of darkness. Myrmecophobia- Fear of ants. Mythophobia- Fear of myths or stories or false statements.*

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### 4: Understanding trypophobia: Why some people fear holes - CBS News

*Fear of Small Spaces Phobia - Claustrophobia Published by Jacob Olesen Claustrophobia is a type of situational phobia (fear of certain situations) where an individual experiences great fear of small or enclosed spaces.*

Next Fear is a normal human emotion. But if what you fear is really not very dangerous, and you fear it so much that it causes emotional and physical distress, you could have an anxiety disorder called a phobia. Phobias affect people of all ages and can include the fear of people, places, activities, and things. Symptoms of phobias include panic, rapid heartbeat, difficulty breathing, and an overwhelming desire to get away. Fear of Leaving Home Fear of being alone outside your home, where escape and assistance might be difficult, is called agoraphobia. This phobia may involve fear of being on a bridge, a busy street, or in a crowded mall or elevator. People with agoraphobia may only be able to leave home with friends or a family member. In severe cases, they may not be able to leave home at all, feeling that it is the only safe place to be. This phobia usually starts around age 30 with severe panic attacks. Fear of People Fear of being embarrassed in front of other people is called social phobia. In mild cases it may be experienced as the common fear of public speaking, but for some people this fear may extend to something as simple as writing a check in front of another person or eating in public. Social phobias are also called social anxiety disorders and they affect about 15 million American adults, men and women equally. Fear of Spiders It is not abnormal for a child to have a severe fear of certain animals such as snakes or spiders. These may be the object of childhood nightmares. But when an extreme fear of an animal persists into adulthood, it rarely goes away without treatment. Fear of animals is the most common type of specific phobia. Fear of Heights This is another type of specific phobia in which a certain situation causes unreasonable fear or panic. Specific phobias, like acrophobia, are twice as common in women. These phobias tend to start in childhood, but persist into adulthood. Many people use the term vertigo to describe fear of heights, and the famous Alfred Hitchcock movie about the fear of heights was called Vertigo. But vertigo is actually the sensation of spinning, just one symptom of acrophobia. Fear of Closed Spaces Another common specific phobia is fear of closed-in spaces, or claustrophobia. Like other specific phobias, claustrophobia is more common in women. Specific phobias are estimated to affect about 19 million Americans. Claustrophobia may develop after a traumatic childhood event, such as being trapped in a closet. Fear of Germs The excessive fear of germs is a common anxiety disorder in America. The medical term for this phobia is mysophobia. Mysophobia may be related to obsessive-compulsive disorder OCD and hypochondria. Symptoms include obsessive washing and fear of public spaces. In the television show Monk, actor Tony Shaloub played a detective with OCD and numerous phobias, including mysophobia. Shy-Bladder Phobia A phobia that many people have never heard of is paruresis. This phobia has also been called shy-bladder syndrome and is considered one of the social anxiety disorders. People with this phobia are afraid of urinating in public bathrooms. The fear may be so great that it interferes with their ability to go to school, to work, or to travel, and can result in dangerous retention of urine. The fear may start with a traumatic event in childhood. Some studies suggest that this phobia may affect as many as 17 million Americans. Fear of Death The actor and director Woody Allen is famously quoted as saying: But some people have an abnormal fear of death or of dead things, a condition known as necrophobia. Fear of death may be at the root of many other phobias such as acrophobia or claustrophobia. When a phobia becomes an anxiety disorder that interferes with your ability to lead a normal life, you need to get help. Most phobias can be treated successfully. Treatments include a type of talk therapy called cognitive-behavioral therapy, medications, or a combined approach. If your life is being limited or controlled by a phobia, seek help from a mental health provider.

### 5: List of phobias - Wikipedia

*Fear of small spaces a case with many aspects Note: This is one of 3, articles written prior to the updated Gold Standard (Official) EFT Tapping Tutorial. It provides practical uses for EFT Tapping and most EFT'ers should find it very helpful.*

General Fear of small spaces Note how she pays attention to the many aspects involved, including emerging from the birth canal. I want to share with you an EFT adventure: I went to Quebec to visit with my family and to attend 2 weddings. When my sister Francine arrived at the first wedding reception, which was being held at a big downtown hotel, she was faced with a bank of elevators: My sister has a phobia about small spaces. Right away she experienced panic symptoms: She decided that she was going to simply go home and forget the whole affair. At that point someone had found out that she could walk up with the help of a security agent, so up she went 10 floors to meet with the wedding party!! I was there when she reached the 10th floor and I thought: Will I answer it? I asked her on the drive over if she would be interested in this new technique I had learned that could possibly help her with her phobia. We went to bed and planned to get together early the next day. As soon as I heard her walking upstairs I went up and briefly explained what EFT is and started right away tapping on the fear of the elevator. I asked her if she could remember any other events in her life where she had felt that way. She mentioned that ever since she could remember she never liked elevators, narrow corridors or any small space where she felt that there was no way out. We tapped on all these. Then she said that she had been told that her birth had been very difficult and that her placenta had been expelled before her. I tapped on all these aspects: At that point she was in tears and the thought crossed my mind that I was in over my head. I better go take a shower and get on with breakfast" We hugged and off she went! I also made a diagram for her of the tapping points and gave her as homework to take all aspects of the elevator and to tap on all of them such as: Anyway 2 weeks later we are attending another wedding she came up and said: I just rode the elevator 1 floor up!!! Not bad for someone who could not even think about an elevator without going into panic mode!! She is now tapping every day on every aspect of every small space that scares her and I am hoping that she will eventually take a plane to come and visit me in Vancouver. That would be awesome. She says that she will first try Toronto as it is only a 45 minute plane ride from Montreal!! And give that a test ride!

## 6: Claustrophobia: Causes, symptoms, and treatments

*Claustrophobia is the fear of being enclosed in a small space or room and unable to escape or get out. It can be triggered by many situations or stimuli, including elevators crowded to capacity, windowless rooms, hotel rooms with closed doors and sealed windows, small cars and even tight-necked clothing.*

Sarah Paulson stars in "American Horror Story: Images of bumps, rashes, even a cluster of soap bubbles can trigger trypophobia Sufferers find it hard to get support, because Internet searches are full of triggers CNN It was supposed to be a fun lunch outing in the Big Apple with her mother and grandmother. I was so nauseous. I thought I would throw up. What Andresen has is trypophobia, an intense, irrational fear of small holes and clusters of circles and bumps, such as those in a honeycomb, lotus flower or bubble bath. The main character is also scared of clowns. Sue, who has suffered from trypophobia since she was 5, did not want her last name to be used. I suppose they enjoy seeing the reaction," she mused. Despite an "idyllic" childhood and no signs of anxiety, her aversions grew. I thought I was just being quirky. I looked at it and felt sick, pulse racing, skin felt itchy. It stayed with me for weeks and weeks and weeks, and every time I thought about it," she said, "it made me sick. After all, the aversions to holes began long before her other symptoms. I get dizzy, I feel nauseated, and my head hurts. If that were to happen, she said, she hopes some of her coping mechanisms work. Sometimes, I have to get in the shower because I feel so itchy. And then I relax and cool down. Even the narrative description can be enough. Research into trypophobia is limited. Perhaps the aversion could be some sort of innate flight-fight response to dangerous or poisonous animals? University of Kent postgraduate researcher Tom Kupfer had a different notion. A fear of holes Photos: A fear of holes Hide Caption 1 of 25 Photos: A fear of holes This lotus pod might look weirdly beautiful to some, but to those who suffer from trypophobia, an intense and irrational fear of holes, bumps and clusters, this image could cause a full-blown anxiety attack. Lotus pods are one of the most well-known triggers of this phobia. Hide Caption 2 of 25 Photos: A fear of holes This advertisement for "American Horror Story: Cult" appears to use lotus pod imagery to create this photo-edited effect. The lead character in the series, Ally Mayfair Richards played by Sarah Paulson , suffers from trypophobia. A fear of holes This is the "American Horror Story: Cult" photo that sent trypophobia sufferer Jennifer Andresen into a full-blown panic attack when she saw it on the side of a taxi while driving her mother and grandmother in New York. My pulse was racing. I was so nauseous I thought I would throw up," said Andresen. A fear of holes Honeycombs are another common trigger for those with trypophobia. A fear of holes In this advertisement for "American Horror Story: Research shows that holes, bumps or rashes on the human body are some of the most disturbing to those with the disorder. Hide Caption 6 of 25 Photos: A fear of holes Clusters of bubbles, like in this bubble bath, are another common source of discomfort. Trypophobia researcher An Lee began studying the disorder because of his own aversion to similar stimuli. The bottom of the saucepan become burnt and bubbly, and when I looked down on the bottom of the saucepan I felt disgust. A fear of holes Nature can be a minefield of triggers for those with trypophobia. This beautiful sunflower is filled with terrifying clusters of bumps that could easily spark reactions ranging from distaste to an attack of anxiety. Hide Caption 8 of 25 Photos: A fear of holes Taking kids to an aquarium to see "Nemo" would be a tough task for someone with trypophobia. From brain coral to polyps, the sea is filled with recurring clusters of holes and bumps. A fear of holes Something as simple as watching a nature documentary on whales can be full of images that might trigger distaste. Hide Caption 10 of 25 Photos: A fear of holes The evenly spaced clusters of holes left by this woodpecker would be yet another disturbing image for anyone with trypophobia. Everybody knows someone who is absolutely freaked out by balloons, clowns, spiders, or mice. This is another one of those phobias. A fear of holes Even the nose and tongue of this curious cow might be a cause for distaste if a person with trypophobia was on the receiving end. Hide Caption 12 of 25 Photos: A fear of holes The ridges and bumps on this toad are yet more examples of a potential source of discomfort. To cope with their fears, many trypophobics suggest such techniques as deep breathing, distraction and avoidance, if possible. Hide Caption 13 of 25 Photos: A fear of holes The kitchen can be another source of distress for anyone with a fear of holes. This image is of a simple colander. A fear of holes

## PHOBIAS OF THE SMALL AND NUMEROUS pdf

Those with an extreme aversion to holes might find the drain of their shower disturbing. Hide Caption 15 of 25 Photos: A fear of holes Food is another real source of anxiety for those with trypophobia. Even something as simple as this holey Swiss cheese may be distasteful. Hide Caption 16 of 25 Photos: A fear of holes This head of garlic, when sliced across the top, bears a striking resemblance to the lotus pod, a notorious trigger.

## 7: The 6 Main Types of Anxiety - Which Do You Have?

*For more information on the psychiatric side, including how psychiatry groups phobias such as agoraphobia, social phobia, or simple phobia, see phobia. The following lists include words ending in -phobia, and include fears that have acquired names.*

Following a diagnosis, the psychologist may recommend one or more of the following treatment options.

**Cognitive behavioral therapy CBT:** It may involve slowly exposing the patient to small spaces and helping them deal with their fear and anxiety. Having to face the situation that causes the fear may deter people from seeking treatment. Seeing others interact with the source of fear may reassure the patient. Antidepressants and relaxants can help manage symptoms, but will not solve the underlying problem. Relaxation and visualization exercises: Taking deep breaths, meditating and doing muscle-relaxing exercises can help deal with negative thoughts and anxiety.

**Alternative or complementary medicine:** Some supplements and natural products, for example, lavender oil or a "rescue remedy," may help patients manage panic and anxiety. Treatment often lasts around 10 weeks, with sessions twice a week. With appropriate treatment, it is possible to overcome claustrophobia.

**Tips for coping Strategies that can help people cope with claustrophobia include:** If driving, this may include pulling over to the side of the road and waiting till symptoms have passed.

**Information video** In this video, Stella Lourency, Assistant Professor of Psychology at Emory University, explains that people with higher levels of claustrophobic fear tend to underestimate distances.

**Causes** Past or childhood experience is often the trigger that causes a person to associate small spaces with a sense of panic or imminent danger.

**Experiences that can have this effect may include:** This is known as classic conditioning. The body then reacts accordingly, or in a way that seems logical. Classic conditioning can also be inherited from parents or peers. If a parent, for example, has a fear of being close in, the child may observe their behavior and develop the same fears.

**Possible genetic or physical factors** Other theories that may explain claustrophobia include: Having a smaller amygdala: This is the part of the brain that controls how the body processes fear. Mouse studies have indicated that a single gene may cause some individuals to have a greater degree of "resident-intruder stress."

## 8: Are You Afraid of Holes? - Scientific American

*A phobia is an excessive and irrational fear reaction. If you have a phobia, you may experience a deep sense of dread or panic when you encounter the source of your fear. The fear can be of a.*

Only a mental health professional is qualified to diagnose you with a mental health disorder. The reality is that if you feel as though your anxiety is causing a problem in your life, it may be beneficial to seek help. Some anxiety in life is normal, but anxiety that disrupts your quality of life is still a problem. Find out your specific type of anxiety. Accept that your anxiety is a problem. Understand your anxiety causes and triggers. Break them down into smaller pieces that you can manage. Change your lifestyle to be more anxiety free. GAD affects tens of millions of people throughout the world. Remember, some anxiety is a natural part of life, and some degree of anxiety is normal to feel occasionally. The following are the most common problems associated with GAD: Constant restlessness, irritation, edginess, or a feeling of being without control. Fatigue, lethargy, or generally low energy levels feeling drained. Tense muscles, especially on the back, neck, and shoulders. Trouble concentrating or focusing on tasks or activities. Obsessing over negative and anxiety causing thoughts "Disaster Thinking. Did you know you can suffer from more than one anxiety disorder? Generalized anxiety disorder appears to be very common in those with other anxiety disorders, especially panic disorder and obsessive-compulsive disorder. Some degree of social phobia is normal. Small degrees of shyness in public places, or discomfort while public speaking, are natural in most people and do not imply an anxiety problem. Social phobia is when the shyness is intense, and the idea of socializing or speaking with the public, strangers, authority figures, or possibly even your friends causes you noticeable anxiety and fear. People with social phobia view public situations as being potentially painful and distressing, living with a constant fear of being judged, observed, remarked upon, or avoided. Those with social phobia also often have an irrational fear of doing something stupid or embarrassing. What makes this more than just shyness is when those fears cause you to avoid healthy socializing situations altogether. Those with social phobia often live with two or more of the following issues: Feeling hopeless or fearful of unfamiliar people or in unfamiliar situations. Obsession over being watched, observed, or judged by strangers. Experiencing overwhelming anxiety in any social situation with difficulty coping. Severe fear of public speaking "beyond what one would consider "normal" Anxiousness about the idea of social situations, even when not in one. Intense issues meeting new people or voicing up when you need to speak. Many people with social phobia display avoidance behaviors. They avoid any social situations as best they can to avoid further fear. Panic disorder is not about "panicking. That type of panic is normal. Panic disorder is when you experience severe feelings of doom that cause both mental and physical symptoms that can be so intense that some people call an ambulance, worried that something is dangerously wrong with their health. Panic disorder is characterized by two things: Fear of getting panic attacks. Panic attacks are intense physical and mental sensations that can be triggered by stress, anxiety, or by nothing at all. They often involve mental distress, but are most well-known for their physical symptoms, including: Tingling sensations, numbness, or weakness in the body. Chest pain or stomach pain. Panic attacks may have some or all of the above physical symptoms, and may also involve unusual symptoms as well, like headaches, ear pressure, and more. All of these symptoms feel very real, which is why those that experience panic attacks often seek medical attention for their health. Panic attacks are also known for their mental "symptoms" which peak about 10 minutes into a panic attack. Severe anxiety, especially health anxiety. That is why many people feel as though something is very wrong with their health. Panic attacks can be triggered by an over-sensitivity to body sensations, by stress, or by nothing at all. Panic disorder can be very hard to control without help. Seeking assistance right away for your panic attacks is an important tool for stopping them so that you can learn the techniques necessary to cure this panic. You can also have panic disorder without experiencing many panic attacks. If you live in constant fear of a panic attack, you may also qualify for a panic disorder diagnosis. In those cases, your anxiety may resemble generalized anxiety disorder, but the fear, in this case, is known. Specific Phobias Phobias are intense feelings of fear because of objects, scenarios, animals, etc. Phobias generally bring about disaster thinking believing that the worst will happen or

avoidance behaviors doing whatever it takes to avoid the phobia. An example of a common phobia is arachnophobia or fear of spiders. Very few spiders are likely to bite, and even fewer are dangerous, and yet many people experience a feeling of severe dread at even the idea of a spider. Other examples of common phobias include snakes, airplanes, thunderstorms, and blood. Phobias do count as an anxiety disorder, although some people can go their entire life with a phobia and not require treatment. For example, if you have a fear of chickens, but live nowhere near a farm, then while you do have a very real phobia it may not be disruptive. But if at any point your life starts to change as a result of your phobia, then you have a real issue. Excessive, constant fear of a specific situation or event. Instant feeling of terror when confronted with the subject of your phobia. Going to great lengths to avoid the situation or object that causes you fear. Experiencing restrictions to your normal routine as a result of the fear. For some people who have severe phobias, the mere idea of the object they fear even if it is not present causes stress or anxiety or otherwise affects their life. Many people have small phobias they can manage, but if the phobia ever starts to genuinely affect your ability to live a quality life, you may need to find a treatment solution. Agoraphobia is the fear of going out in public, either the fear of open spaces or the fear of being in unfamiliar places. Many people with agoraphobia either never leave their home, or do anything they can to avoid traveling anywhere other than their home and office. Some people can go to the grocery store or other familiar places but otherwise experience intense, nearly debilitating fear anywhere else. People experience panic attacks in public places, so they start to avoid more and more places to avoid panic attacks until they are afraid to go outside. Some people experience agoraphobia after traumatic events as well. Agoraphobia is more common in adults. Many also fear losing control both psychologically and physically, causing them to avoid social situations. Not everyone living with agoraphobia spends all their time in their home. In fact, some of the more common symptoms include: Obsessive fear of socializing with groups of people, regardless of whether or not you know them. Feelings of tension and stress even during regular activities, such as going to the store, talking with strangers, or even just stepping outdoors. Preoccupation with how to protect yourself or find safety if some type of trouble occurs, even with little reason to believe trouble will occur. Finding that your own fears are keeping you prisoner and preventing you from going out and living life because of that fear. Many people experience moments where they feel vulnerable outdoors and prefer to stay safe in their homes. But when the fear seems to persist for a long period of time or is holding you back from living an enjoyable life, you may have agoraphobia. Most people are lucky enough to avoid these dangers and live a nice and safe life. But in some cases, you may experience a life trauma – either physically or emotionally – and this can cause an anxiety problem known as post-traumatic stress disorder. As the name implies, PTSD is an anxiety disorder that comes after the traumatic event has occurred. Those living with PTSD often must get outside help, because PTSD can affect people for years after the event occurs – possibly even for the rest of their life. PTSD affects people both psychologically and physically. Those with PTSD often relive the trauma not only emotionally – in some cases, they may relive the trauma mentally and physically, as though transported back to the event. These triggers are often related to the event, such as loud noises when the event involved loud noises or intense fear when someone is behind you if you were attacked from behind. It also may be triggered by thoughts of the event. Anxiety Over Recurrence Like with panic attacks, you may also have PTSD if you have developed severe anxiety over the event occurring again. If you experience regular, daily anxiety over the idea of a repeat of the event, it may also be PTSD. Some feel a disinterest or detachment from love. Others become emotionally numb. Any and all of these emotional struggles may be common in those with PTSD. Many of those with PTSD also experience avoidance behaviors of events, things, and even people that may remind them of the event – even if there is no link between these issues and the trauma. Those with post-traumatic stress disorder may be at a greater baseline of stress on most days. They may be short-tempered or easy to anger. PTSD can be a difficult problem to live with. Those with OCD often exhibit behaviors and fears that are not only confusing to those around you – they may be confusing to the person with OCD as well.

### 9: Phobias: MedlinePlus

*In case you haven't heard of this potentially debilitating condition, it's a mental disorder where people are fearful of objects with small holes such as honeycomb, ant holes, and clusters of coral. Images that disturb people with Trypophobia will elicit feelings of fear, discomfort, and general uneasiness.*

Sarmassophobia- Fear of love play. Malaxophobia Satanophobia- Fear of Satan. Scatophobia- Fear of fecal matter. Scelerophobia- Fear of bad men, burglars. Sciophobia Sciophobia- Fear of shadows. Scoleciphobia- Fear of worms. Scopophobia or Scoptophobia- Fear of being seen or stared at. Scotomaphobia- Fear of blindness in visual field. Scotophobia- Fear of darkness. Achluophobia Scriptophobia- Fear of writing in public. Selachophobia- Fear of sharks. Selaphobia- Fear of light flashes. Selenophobia- Fear of the moon. Seplophobia- Fear of decaying matter. Sesquipedalophobia- Fear of long words. Sexophobia- Fear of the opposite sex. Heterophobia Siderodromophobia- Fear of trains, railroads or train travel. Siderophobia- Fear of stars. Sinistrophobia- Fear of things to the left or left-handed. Sinophobia- Fear of Chinese, Chinese culture. Sitophobia or Sitiophobia- Fear of food or eating. Cibophobia Snakephobia- Fear of snakes. Ophidiophobia Soceraphobia- Fear of parents-in-law. Social Phobia- Fear of being evaluated negatively in social situations. Sociophobia- Fear of society or people in general. Somniphobia- Fear of sleep. Soteriophobia - Fear of dependence on others. Spacephobia- Fear of outer space. Spectrophobia- Fear of specters or ghosts. Spermatophobia or Spermophobia- Fear of germs. Spheksophobia- Fear of wasps. Stasibasiphobia or Stasiphobia- Fear of standing or walking. Ambulophobia Staurophobia- Fear of crosses or the crucifix. Stenophobia- Fear of narrow things or places. Stygiophobia or Stigiophobia- Fear of hell. Suriphobia- Fear of mice.

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