

# Phobias



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## What is a Phobia?

**A phobia is a type of anxiety disorder that causes an individual to experience extreme, irrational fear about a situation, living creature, place, or object.**

When a person has a phobia, they will often shape their lives to avoid what they consider to be dangerous. The imagined threat is greater than any actual threat posed by the cause of terror.

Phobias are diagnosable mental disorders.

The person will experience intense distress when faced with the source of their phobia. This can prevent them from functioning normally and sometimes leads to panic attacks.

## **A phobia is an exaggerated and irrational fear.**

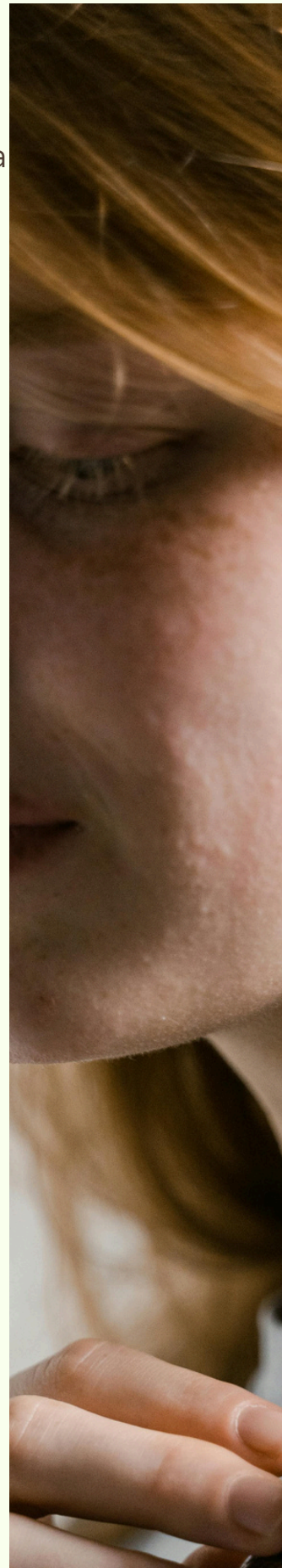
The term 'phobia' is often used to refer to a fear of one particular trigger. However, there are three types of phobia recognized by the American Psychiatric Association (APA). These include:

Social phobia, or social anxiety, is a fear of public humiliation or judgment in social situations, distinct from shyness.

Specific phobias, like fear of snakes, are simple phobias linked to rare triggers, typically not affecting daily life.

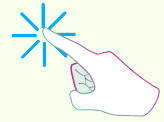
Complex phobias, such as social anxiety and agoraphobia, involve less obvious triggers and can significantly impact daily routines.

A diagnosable phobia entails lifestyle changes to avoid triggers, driven by an overwhelming need to evade anxiety-inducing situations.



## Explore more with these Helpful Links

click to get started



1. [Aichmophobia: Fear of Needles or Pointed Objects](#)
2. [Arachnophobia: Fear of Spiders](#)
3. [Coulrophobia: Fear of Clowns](#)
4. [Arachibutyrophobia: Fear of Peanut Butter](#)
5. [Nomophobia: Fear of Being without your Phone](#)
6. [Mysophobia: Fear of germs](#)
7. [Acrophobia, Glossophobia, Bathmophobia, Aerophobia](#)
8. [Nyctophobia: Fear of the Dark](#)
9. [Ophidiophobia: Fear of Snakes](#)
10. [Astraphobia: An intense fear of Thunder and Lightning.](#)
11. [Obesophobia: Fear of Gaining Weight](#)
12. [Cynophobia: Fear of Dogs](#)
13. [Agoraphobia: Fear of Open Spaces or Crowds](#)
14. [Dentophobia: Fear of dentists](#)



## Symptoms

**A person with a phobia will experience the following symptoms. They are common across the majority of phobias:**

- a sensation of uncontrollable anxiety when exposed to the source of fear
- a feeling that the source of that fear must be avoided at all costs
- not being able to function properly when exposed to the trigger
- acknowledgment that the fear is irrational, unreasonable, and exaggerated, combined with an inability to control the feelings

**A person is likely to experience feelings of panic and intense anxiety when exposed to the object of their phobia. The physical effects of these sensations can include:**

- sweating
- abnormal breathing
- dry mouth
- confusion and disorientation
- nausea
- dizziness
- headache
- accelerated heartbeat
- trembling
- hot flushes or chills
- a choking sensatio
- chest pains or tightness
- butterflies in the stomach
- pins and needles

There are **over 500** different kinds of phobias.

- **Ablutophobia:** Fear of bathing
- **Achluophobia:** Fear of darkness
- **Acrophobia:** Fear of heights
- **Agoraphobia:** Fear of open spaces or crowds
- **Aichmophobia:** Fear of needles or pointed objects
- **Amaxophobia:** Fear of riding in a car
- **Anginophobia:** Fear of angina or choking
- **Anthropophobia:** Fear of people or society
- **Aphenphosmophobia:** Fear of being touched
- **Arachibutyrophobia:** Fear of peanut butter
- **Arachnophobia:** Fear of spiders
- **Coulrophobia:** Fear of clowns
- **Cynophobia:** Fear of dogs
- **Dentophobia:** Fear of dentists
- **Glossophobia:** Fear of speaking in public
- **Hemophobia:** Fear of blood
- **Nomophobia:** Fear of being without your mobile phone
- **Nyctophobia:** Fear of the dark
- **Obesophobia:** Fear of gaining weight
- **Ombrophobia:** Fear of rain
- **Ophidiophobia:** Fear of snakes
- **Ornithophobia:** Fear of birds
- **Pteromerhanophobia:** Fear of flying
- **Pyrophobia:** Fear of fire
- **Samhainophobia:** Fear of Halloween
- **Scolionophobia:** Fear of school
- **Scoptophobia:** Fear of being stared at
- **Somniphobia:** Fear of sleep
- **Technophobia:** Fear of speed
- **Technophobia:** Fear of technology
- **Trypanophobia:** Fear of needles/injections
- **Trypophobia:** Fear of holes
- **Verminophobia:** Fear of germs



## **Bring2Life Creative Counselling**

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Bring2Life Creative Counselling offers flexible services directly to clients in urban and rural Saskatchewan. Our Registered Social Workers provide therapies like CBT, DBT, Narrative Therapy, Art Therapy, and Play Therapy.



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