

Chat Class

PHOBIA

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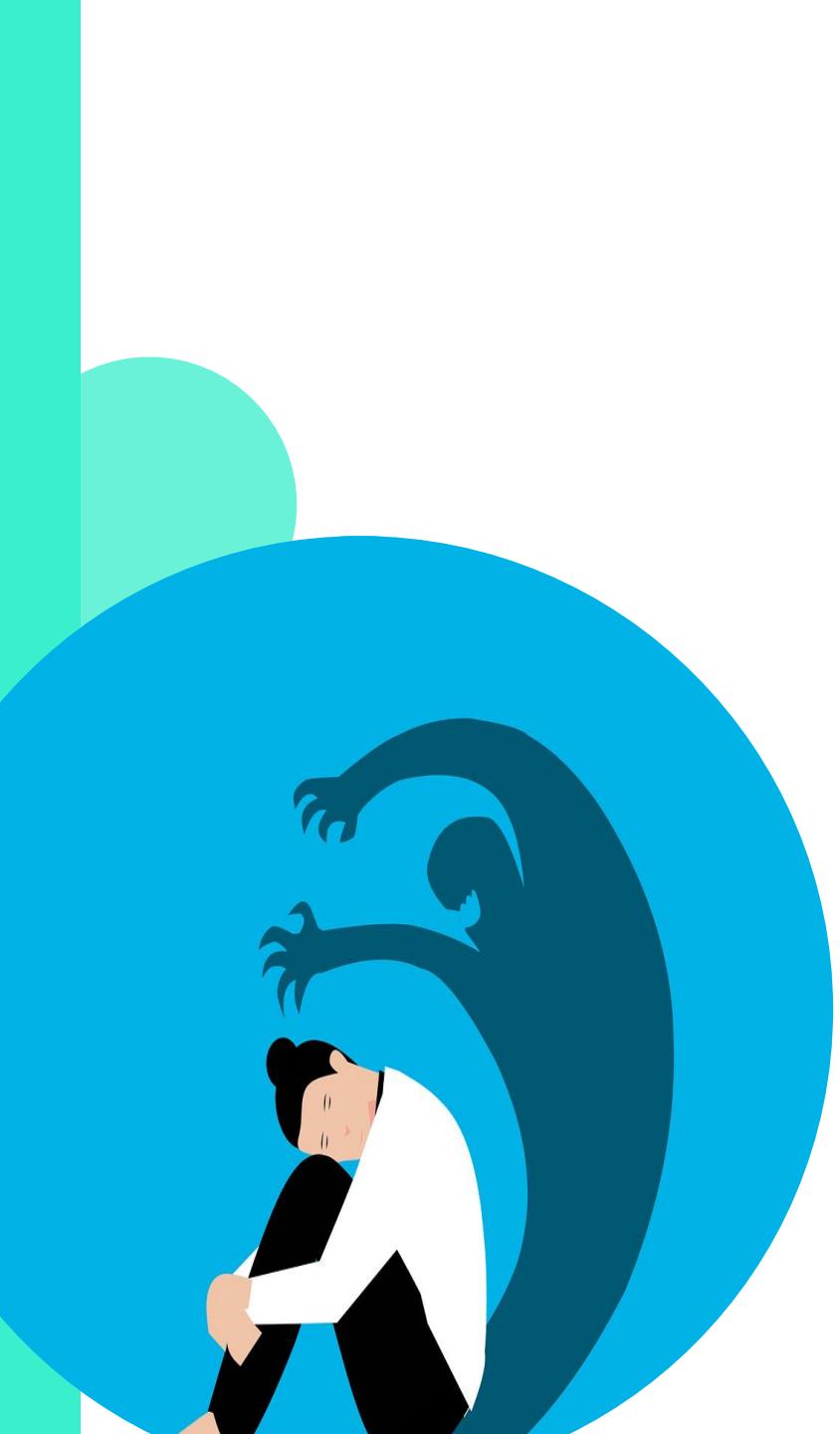
Fear can be rational and proportional to the situation, helping us avoid harm.

Phobias, on the other hand, are a type of anxiety disorder characterized by an excessive and irrational fear of a specific object, situation or activity.

Phobias often lead to avoidance behavior that can interfere with daily

life.



A stylized illustration on the left side of the slide. It features a large, dark blue circle containing a dark blue, clawed hand and a dark blue, hunched body. A person with black hair, wearing a white shirt and black pants, is shown in a running pose, moving away from the monster. The background behind the circle is a light teal color.

What is the phobia?

A phobia is an anxiety disorder

What scares you?

Height? – water? – Germs?

Does it come from your childhood?

When did you realize you have it?

Types of Phobia



Fear of Water

Hydrophobia
an intense, irrational
fear of water



Fear of Height

Acrophobia
an intense and irrational
fear of high places



Fear of Driving

amaxophobia or
vehophobia



Fear of Insects

Entomophobia

PHOBIAS IN ENGLISH



Arachnophobia
(spiders)



Ophidiophobia
(snakes)



Cynophobia
(dogs)



Ornithophobia
(birds)



Acrophobia
(heights)



Aerophobia
(flying)



Nyctophobia
(the dark)



Thanatophobia
(death)



Agoraphobia
(crowds)



Glossophobia
(public speaking)



Claustrophobia
(small spaces)



Technophobia
(technology)



Aquaphobia
(water)



Atychiphobia
(failure)



Hemophobia
(blood)

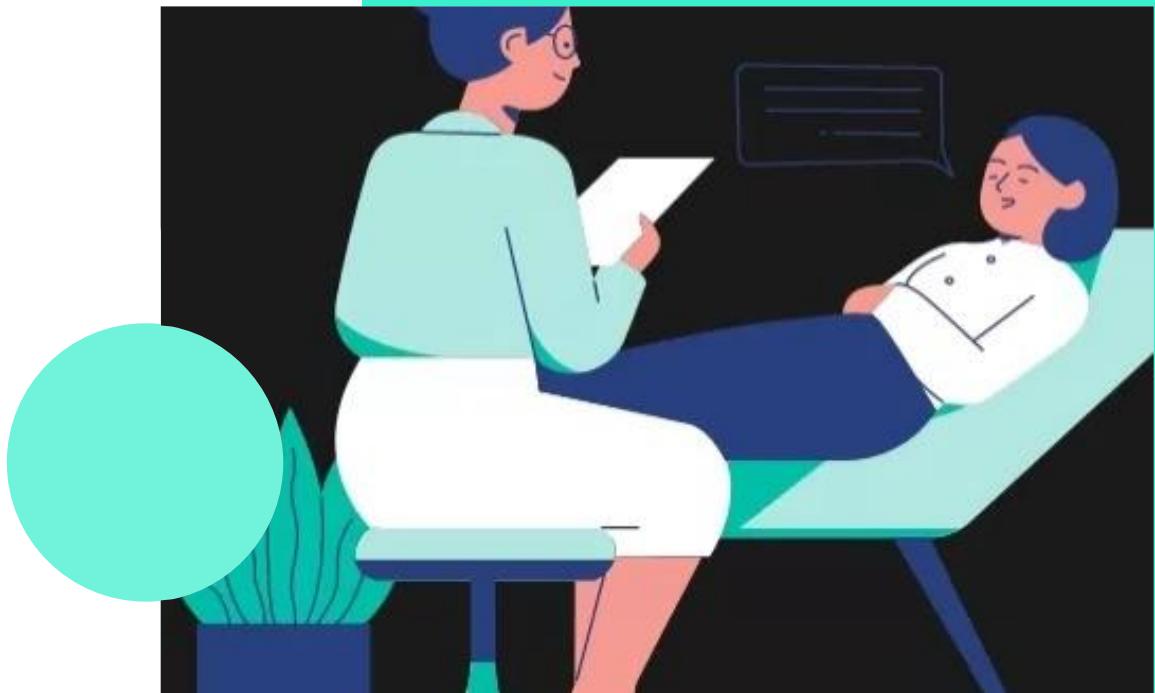


Coulrophobia
(clowns)



How to manage?

- 1- Taking time to calm down
- 2- breathing deeply
- 3- facing your fears gradually
- 4- challenging negative thoughts
- 5- seeking support from others



**THANKS FOR
YOUR ATTENTION**

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